

Age UK Sunderland together with The Raich Carter Sports Centre and Sport England are supporting people aged 50 and over to get active!

# Walking Football



Every Tuesday 13.30–14.30  
at Raich Carter Sports Centre  
Commercial Road, Sunderland SR2 8PD

£2.00  
per  
session

Walking Football is designed to support both men and women aged 50 and over to improve their physical fitness, mental health and wellbeing and can help to reduce loneliness and isolation.

FREE STARTER SESSIONS and Free Transport is available, please ask a team member for more information.

**For more information contact:**  
the ActivAge Team on  
**0191 514 1131** or Email:  
[activage@ageuksunderland.org.uk](mailto:activage@ageuksunderland.org.uk)

# What is Walking Football?

- Walking Football is a slower version of the game.
- It is Football but at a walking pace.
- The game has been designed so that anyone can play it regardless of age or fitness level.
- You don't need any special kit, just clothes that you feel comfortable exercising in and trainers, ideally that lace up.



*When attending Walking Football sessions make sure that you bring some water and that you've had a snack a couple of hours beforehand.*

## Benefits of taking part in Walking Football

- Aids improvement in fitness level
- Encourages people to remain active for longer
- Provides opportunity to mix with other like-minded people
- Promotes social inclusion and can help reduce loneliness and isolation
- Promotes positive mental health and wellbeing



For more information contact:  
the ActivAge Team on  
0191 514 1131 or Email:  
[activage@ageuksunderland.org.uk](mailto:activage@ageuksunderland.org.uk)

If the above  
is of interest to  
you then come  
along and join Age  
UK Sunderland's  
brand-new  
**Walking Football  
Group!**



everyone  
ACTIVE  
You'll feel better for it