

# Walking Football is the way to get fit in the New Year



Love the 'beautiful game' but don't quite have the fitness levels you used to? Then walking football could be the game for you.

Edinburgh Leisure is offering 'Walking Football', a slower version of the beautiful game, to members and non-members in the New Year. The sessions, which start on 7 January 2016 are open to both men and women, aged 45+ at Meadowbank Sports Centre, London Road from 1-2pm and take place indoors.

Mari Asher, Active Lives Project Officer at Edinburgh Leisure said: "Walking football has become increasingly popular. It's exactly what it sounds like – a standard game of football where players walk instead of run. It's designed to help people get fit or maintain an active lifestyle no matter what their age and fitness, as well as support people getting back into football if they have given it up due to age or injury.

"Older people who play have seen many benefits: lower heart rate and blood pressure, less fat and more muscle, and better mobility. And it's not just health benefits – Walking football also offers social benefits. Participants can meet new people, avoid becoming isolated, and interact with individuals and small groups. This is one sporting activity that is suitable for all.

The sessions start from 7 January 2016. To book, contact Mari Asher on 07736 195012.