

# New website created to promote walking football in capital



A new website has been created to raise awareness and promote walking football around Edinburgh and the surrounding areas.

Since this new addition to the “Beautiful Game” was introduced into the UK a few years ago almost 700 groups & clubs have sprung up across the country with several groups now operating in the Edinburgh area making it one of the fastest growing sports and particularly suited to the “Baby Boomer” generation.

Walking football was initially designed to help get over 50’s back into an active lifestyle as well as to support people back into football who have stopped due to age, injury or lack of opportunity.

Generally the rules are similar to 5 a sides except that running is prohibited and physical contact is minimal.

Older folks who play have seen many benefits, lower blood pressure and cholesterol levels, weight loss, improved muscle tone and better mobility.

As well as offering a healthier lifestyle, Walking Football offers social benefits – the opportunity for participants to meet new people, prevent isolation and create interaction for individuals and small groups.

To find out where you can play check out [www.walkingfootballedinburgh.weebly.com](http://www.walkingfootballedinburgh.weebly.com)