

Major benefits of walking football

Improved physical health: Walking football provides a low-impact workout that can help improve cardiovascular health, increase muscle strength, and improve balance and coordination.

Socialization: Participating in walking football can be a great way to meet new people and socialize with others who share similar interests.

Mental health benefits: Walking football has been shown to have positive effects on mental health, reducing stress and anxiety and improving overall mood.

Inclusivity: Walking football is inclusive of people of all ages and abilities, making it a great way to stay active and engaged in physical activity regardless of physical limitations.

Fun and enjoyment: Above all, walking football is a fun and enjoyable way to stay active and engaged in physical activity, with a focus on participation and enjoyment rather than competition.



Share your story. Why have YOU taken up walking football?
Share your experience: info@walkingfootballbrisbane.com.au