

# HEALTH OUTCOMES FOR WALKING FOOTBALL

*Based on 12 weeks walking football participation with data gathered from Football West*



**AVERAGE 6.5% DROP IN BLOOD  
PRESSURE AMONG PLAYERS**

**AVERAGE BODY FAT LOSS OF 3KG  
OR 2.8KG AMONG PLAYERS**



**10.6% INCREASE IN GENERAL  
FITNESS AMONG PLAYERS**

**95% OF PARTICIPANTS FIND  
THEMSELVES THINKING CLEARLY  
OFTEN OR ALL THE TIME**



**92% OF PARTICIPANTS REPORTED  
FEELING CLOSE TO OTHERS OFTEN  
OR ALL THE TIME**

*"Active adults have a 20% reduced risk of premature death and 50% less risk of chronic disease. But by the age of 55-64, only 32% of men say that they take the recommended 30 minutes of strenuous exercise five times a week.*

*Engaging in football will change this concern as Walking Football participants have more muscle, harder bones, better cardiovascular systems and more jumping height and strength"*

**MELISSA GMEINER  
PROGRAM COMMUNITY LEAD FOR FOOTBALL WEST**

**SOURCE: FOOTBALL WEST**