Walking Football Matters

Many thanks must go to Peter Thorpe for coming up with the name of the newsletter.

Fun fitness and friendship.

Come along and join in the fun. Play the fastest growing team sport for the mature aged. Four Brisbane venues to choose from. Social and competitive categories. For beginners and experienced players alike. Men and women welcome.

More ......

Advantages of playing walking football.

If someone asked you "what are the BENEFITS of walking football" what would say?

More ......

Do you have an eagle eye?

Reckon you have a good eye for detail? Here is your chance to Spot the Ball.

More ......

Player of the month - Chris Skeet

For someone who hung up his boots because he thought he was too old at 62, discovering walking football has given Chris a new lease of life. Read his story.

More ......

Walking football skills?

Its not just ball skills that you learn playing walking football. And its not just about getting fit either.

More ......

Enhancing your competitive performance

What do you need to do to ensure you are fit and ready to play in a tournament?

More ......

National 70s WF selection trials,

4 WFB Inc team members were invited to attend a selection session for Australia's National Walking Football squad.

More ......

Walk don't run!!

It's a perennial question that always raises its ugly head. What is the difference between running and walking?

More ……

Building an effective team.

Playing as a team is not just about harnessing the skills of individuals. Its a lot more than that.

More ……

Walking football competitions

Find out more about up-coming walking football competitions held in Brisbane. Who can I contact to join a team?

More ……

Your story? Your experience? Your say?

We are always keen to hear what you have to say? Comments and tales, accounts and anecdotes, a narrative, a history. Please share or entertain us with your insights:

Letters to the Editor:

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