

### Walking Football Adelaide – Testimonials 23/02/23

- ‘Before I started playing I weighed 100kg despite exercise. Now, with 2 vigorous WF sessions a week and diet changes I have lost 18 kg’ – *Anthony 57*
- ‘Arriving from the UK a few months ago at 65 and overweight I found WF, an enjoyable and very sociable sport. After a few weeks I noticed my Blood pressure is dropping as is my weight! I can honestly recommend walking football. With most team sports by the time you know how to play the game, your body has aged to the point where you can’t do the physicality required to put the knowledge to use! The beauty of walking football is that you can apply the experience without the younger body!’ – *Derek 65*
- A friend invited me to come and play WF – I wasn’t sure due to my age and poor fitness level but went to watch. What a breath of fresh air! Different levels of ability but we all have various aches and pains but it’s the beauty of a social activity where you can work as hard or easy as you like, a great way to improve a little more fitness and keep moving. But the biggest value is new friends and mateship – I enjoy a coffee after as much as the game’ – *Colin 71*
- ‘A long time football fan (retired for decades) who found WF. My fitness has increased, the number of good friends I have has increased and my fun has increased! I look forward to each session and am even playing in competitions interstate. It improves my physical health and social life.’ *Derek 70*
- ‘WF has improved my blood pressure, depression, mental health and diabetes. My doctor is impressed with my improvements through Walking Football’ - *Carmine 55*
- ‘It has been just terrific to find a way to continue playing football as I have got older. I have found WF to be a great mixture of casual football through to the full competitive football at Masters Games. I didn't realise what a great workout it would be and the new friends and social activities are an added bonus!’ *John 68*