

Gloucestershire FA's

Walking Football Week



Be Inspired Get Involved



Walking Footballer - A Female Participant

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A Walking Footballer - A Female Participant

Name: Celia Almeida

Age: 60

**Club/Session Attended:
Women's Walking
Football/ Mixed Walking
Football**

How did you get involved with Walking Football?

I wanted to continue playing football and after the initial session I was immediately hooked! Even if you are looking to take it up for the first time, I'm sure you will be too!

How has walking football impacted your life?

The social side has been an added bonus that I hadn't given much thought to prior to taking part. It's great to be with like-minded people!

Why do you enjoy the sessions?

They give me the chance to enjoy the spirit of friendly competition, to keep fit and to meet people socially as everyone is really welcoming. Both the women's and mixed teams are really supportive and very encouraging of all players.

What advice would you give to someone who is interested in trying walking football?

Go along and give it a try! The "walking" element means that it can cater for a wide range of abilities and ages so that everyone can contribute. It's a gentle way of keeping active – and having fun!

If you think this inclusive version of the beautiful game could be for you, or you want to find out more, then get in touch! -  Support@GloucestershireFA.com  01454 615888

