

Gloucestershire FA's

# Walking Football Week



# Be Inspired Get Involved



## Walking Footballer - A Male Participant



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**Name: John Lloyd      Age: 65**

**Club/session attended:  
12:30 – 13:30 PM Friday at  
Oaklands Park Stadium**

**Why do you enjoy the  
sessions?**

The feeling of tying up my boots and getting out onto a pitch never went away. Being able to participate every week with like minded old people is a joy that I always look forward to.

**How did you get involved with  
Walking Football?**

I finally stopped playing every week at 38. After a while you understand that you're unlikely to play again (To the relief of my wife). I heard about the session at the GFA and was keen to see what it was all about. I went along to one session and have been going ever since!

**How has walking football  
impacted your life?**

Playing every week is a way of keeping fit in itself. But I now do other forms of activity to try to improve my game.

**Any advice for people thinking  
about getting involved?**

If somebody had suggested 10 years ago playing regular football with a group of over 60's they would have been laughed at. Don't think like that now, give it a go! Also, Don't worry about fitness or skill level - everyone is very encouraging to each other.



✉ - [Support@GloucestershireFA.com](mailto:Support@GloucestershireFA.com) ☎ - 01454 615888