



## Walking With Harrogate Strays



***“What’s the point of walking football?”*** asks the mature football fan. ***“It’s not real football, is it?”***

By which he (and it’s always he) means the 11-a-side game. Not that he still plays. He watches “the real thing” from the terraces or on TV, living his dreams vicariously through the ups and downs of his local team ... or more probably Man. United.

Did you know that the majority of British men over 50 apparently don’t achieve anything like the recommended volume of exercise? Not even ½ hour of semi-strenuous exercise 5 times a week. Walking football offers a chance to be active. You can play in competitive leagues or maybe just attend regular social training sessions, gaining both physically and socially from doing something you love.

Let’s be honest, the target audience is men over 50 years of age and women over 40, so participants are obviously past their prime in traditional footballing terms. But now they can extend their once glorious playing careers at a more age-appropriate pace – we’re extremely proud to have many players over 70! If legs and lungs aren’t what they were, the skills are still there for all to see!

So put aside any preconceptions if you’ve not experienced walking football. It’s fun and it’s great exercise. If you are less active than you used to be or would like to be, or if you simply want to take a step or two towards improving your physical and mental well-being, try walking football to meet and compete with your peers.

Go on. Get off that couch and join **Harrogate Strays**.