

## Women's Walking Football

### UP AND 'WALKING'



Live an active  
**Glasgowlife**

# WOMEN'S WALKING FOOTBALL

Want to get back playing football  
or start playing for the first time....  
well, now is your chance!

**Come and get fit whilst enjoying  
meeting other like-minded women**  
Friday's  
Palace of Art (10-11am)  
£3.50 or  
Free for Glasgow Club Members

[www.glasgowlife.org.uk/sport](http://www.glasgowlife.org.uk/sport)  
@footballglasgow



The inaugural Women's Only Walking Football session was launched at Palace of Art, in August and attracted 13 women to participate in the activity, with some playing football for the very first time.

Football Development Participation Officer, Matt Ramsay said:

*"It's been something we have been keen to develop for a long time and finding the right day/time/venue has been particularly challenging, but I am delighted to see so many women getting involved and for some trying something new. The power of football brings an opportunity to get fit in a different way and with this new venture, participants get so much support from like-minded individuals all there for the same reason. It was great to see the happy faces and hear the laughter throughout the session and I can only see us going from strength to strength"*

*"I saw it advertised and just thought I would give it a go! I can't believe how friendly and welcoming everyone was and I see this being a new group of friends that I can enjoy taking part with"*  
Suzanne (Participant)



*"I played football when I was younger but have been desperate to get back involved. Playing with your peers makes it easier and it doesn't matter what level of experience you have"* Sharon  
(Participant)

**Sessions are priced at £3.50 or Free for Glasgow Club Members.**

[Check here for more information.](#)