



# Move more, live more

## WALKING FOOTBALL

The beautiful game....only slower

It's a standard game of football where players walk instead of run. Its also a great way to get fit and an opportunity to meet up with others.

**When:** Every Wednesday

**Where:** The Parks Sports Centre, Howdon Road,  
North Shields

**Time:** 2:00 – 3:00pm

**Cost:** FREE

All equipment will be provided . Please wear comfortable clothing.

No need to book; just turn up and play  
Lets get North Tyneside moving!



For further information please contact  
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Active North Tyneside



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