



### What Is Walking Basketball?

Walking Basketball is a modified version of basketball. Players must walk instead of running or jogging. Players are also not allowed to jump. One foot must always remain on the ground.

### What are the Benefits of Playing?

- Keeping Active and Having Fun
- Meeting New People
- Social with Some Competition



### Who is Walking Basketball For?

The simple answer is “anyone” - If you can walk you can play! Catching and passing a ball, and bouncing it are the other physical skills used. Specific groups of people that may want to play:

- Former Players
- Active Retirees
- New Players
- Those Returning from Injury
- Older Players
- Whānau Wanting to Play Together (Ages 12+)

