## Ferencyaros TC

1.

József Kozma works a night shift as a cook, which is difficult to reconcile with a healthy lifestyle. He had been missing exercise for a long time and, given his physique, walking football seemed the ideal way to get active again, so it was no question that he would sign up. At the health check-up in March, which was compulsory for all team members, the club revealed that he had serious problems with his blood sugar levels and blood pressure, which needed to be addressed as soon as possible.

The warning came at the right time, as he received his findings in the last moments before the onset of serious complications, and in the words of our player, "saved his life". Joseph has been working hard for two months on lifestyle changes to get his blood sugar and blood pressure levels back to normal, and he has also started to lose weight, with the scales showing a loss of more than 10 kilos in just a few weeks. Not for nothing, as a real power forward, he not only holds and covers the ball well, but also handles it well, scoring his first goal in one or two games and has been adding to it ever since.

2.

Gergely Balla (79) is the oldest player in our team. He is a trembling, short and very kind man with some kind of nerv problem. His teammates kindly lace up his shoes whenever he needs them, because it is difficult for him. He is proud to be one of the first walking footballers in the club and the country, after he saw the advertisement in the club's magazine. Before a tournament abroad, we got the following words from him:

"Thank you very much, thank you for your kind encouragement! You can be sure that we will do our best for our favorite family, Ferencváros! We will fight, the rest is out of our hands. Thanks to you, the Fradi staff, for giving us this opportunity in the dawn of our lives, which may make this twilight bright as day!"

Though he never attend to our matches in the stadium, he is plays an important part in the community by being very caring about the first and oldest generation of Ferencváros Walking Football. Whenever someone is missing from the old ones, he is the one that usually know the answer why.