











Active SWV

116 N Heber Street, Suite B, Beckley WV 25801 304-254-8488 info@activeswv.com



Mission

Active Southern West Virginia is a nonprofit building an ecosystem of physical activity for the residents of southern West Virginia by offering programs led by trained leaders from within the communities they serve. Each Active SWV program serves a specific purpose to build capacity within southern West Virginia. The connectivity of each program will help usher in a vibrant, diverse economy.

This mission is achieved through community volunteers who lead regular physical activities in southern West Virginia. Volunteers are seeking healthier lifestyles themselves and experience accountability in leading groups. These volunteers are provided training with comprehensive Active SWV program manuals and certifications to facilitate quality programs while also creating the opportunity for Community Captains to obtain resume-building qualifications.

Vision

Striving to make southern West Virginia a model of health, wellness, and active living by providing free physical activity programs to people of all ages and abilities.

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Introduction

Active Southern West Virginia (Active SWV) believes a healthy workforce will retain young talent and diversify the economy of southern West Virginia. This is accomplished by providing more opportunities for physical activity within the communities, at the schools, as part of the workday, and with the development of policies within local governments. The people of Nicholas, Fayette, Raleigh, and Summers counties face many barriers to living an active lifestyle. Active SWV staff, board, and volunteers work to remove those barriers by providing free programs, peer-to-peer instructions, high safety standards, educating and welcoming participation in a friendly manner, and taking the activities to where people live, work, and play.

Summary

Active SWV has seen a 57% increase in programs offered and a 52% increase in volunteer hours from this time last year. Now, half way through the 5th year of the organization, it is impressive to see the desire our communities have for more opportunities to be active.

As we work through the remainder of 2019, program goals and grant projects will have us partnering with health care resources for participant referrals. Additional volunteer trainings will be offered to increase our standards of instruction and elevate the skills of those who volunteer with Active SWV. Safe Streets Policies, school track lighting, increasing walking groups in small communities, and corporate participation will be the focus of our staff.

Take a look at the progress of each program area and notice in this mid-year report the ways you can get involved!



"I enjoy going to classes. The Community Captain makes you feel welcome and most importantly comfortable and doesn't push for perfection, instead she encourages everyone to do what they can without injuring themselves." - Active SWV participant





Community Captains Review

Community Captains are champions of their communities who want to lead others to live healthier and more active lives. Through volunteering they remove barriers that prevent people from being active by providing free weekly and monthly physical activity programs in their communities. Read more about Community Captain program successes at https://activeswv.org/success-stories-2017/ with water aerobics, pickle ball, hiking, group fitness, stand up paddle boarding and more. View the Community Captains Manual at https://activeswv.org/programs/community-captains/.

Program Numbers

• Total programs: 583

• Total participation: 4440

• Volunteer hours: 750

 Trained 21 New Community Captains bringing the total trained to 107



2019 Spring CC Training Class

Active SWV utilizes research tested and evidence based methods for peer to peer community programs to effectively increase health outcomes in our region.

ACTIV Community Captain Hometowns Mount Lookout Charleston Stanaford Fayetteville Oak Hill Edmond Mount Hope Beckley Hinton Shady Spring Ottowa Bradley Beckwith MacArthur Hico Rainelle Ramsey Raleigh Scarbro Lookout Montgome Lansing Mount Nebo Beaver Pax Prosperity Shady Spring Craiasville Naoma Scarbro

Active Southern West Virginia Community Captains have an impressive reach in southern West Virginia. They come from the larger cities and the smaller, more rural towns alike. Having our "hometown heroes" hail from the smaller zip codes helps spread awareness but also pulls new programmers from some of the more underserved areas.



"I Absolutely loved the paddle boarding. This was a great opportunity. I wanted to try it at the beach but it was so expensive and not knowing if I could do it or would like it I didnt even give it a chance however with the free paddleboarding it really sparked a love for the sport. Thank you!"
Active SWV participant



Community Captain Evaluation Overview

An Evaluation of Active Southern West Virginia's Community Captains Program Malorie Polster, MPH, CHES Emory University

Evaluation Purpose

- To understand the extent to which Active SWV's Community Captains program is alleviating barriers and promoting physical activity in order to improve the program's effectiveness at increasing physical activity.
- To understand barriers and facilitators to attending a Community Captains program in order to increase participation numbers and improve engagement in the program.

Through survey collection, we were able to see a percent change from disagree to agree by 28% in the following statements after attending an Active SWV activity:

- I am motivated to be more physically active
- I feel confident being physically active
- I feel comfortable being physically active in front of other people
- I have time for physical activity
- There are Active SWV physical activity opportunities convenient to me

Ways the Active SWV Community Captain program facilitates overcoming barriers:

Barriers

Lack of motivation Location of program Conflicting priorities Fear or lack of confidence

Facilitors

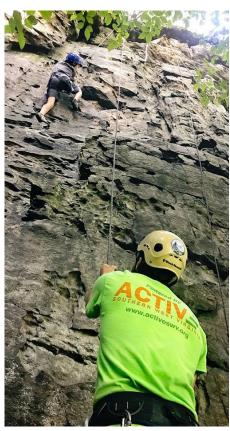
Relationship with Community Captain Sense of community Accountability Starting with a friend

Recommendations (short term to long term):

- 1. Bring a friend/family member event
- 2. Host demonstrations at community events
- 3. Recruit connected leaders from within the community
- 4. Maintain program and structure consistency
- 5. Increase programs in locations with fewer programs

"I truly enjoy the activities and feel much better physically, have more energy, and am emotionally balanced. I'm having fun!" - Active SWV participant

"It works! Having an instructor from within the community makes it more comfortable." - *Active SWV participant*







Kids Run Clubs

Active SWV Kids Run Clubs help participants develop an enjoyment and understanding of exercise, while learning healthy habits for life. Kids Run Clubs are hosted at schools across Fayette, Raleigh, Nicholas, and Summers Counties. The program is accessible to all children with no cost to the participant or school. Interested teachers, faculty, family and community members can be trained by Active SWV to lead the program as "Kids Run Club Coaches." View the Kids Run Club Coaches Manual here: https://activeswv.org/wp-content/uploads/ActiveSWV_KidsRunClub-PDFprint.pdf

19 Kids Run Clubs, 875 Kids, 98 Coaches

Fayetteville, Valley, SALS Beards Fork after school, Birch River, Zela, Mount Nebo, Mount Lookout (Hiking Club), Summersville, Crescent, Coal City, Mabscott, Marsh Fork, Bradley (Fun Run), REACH home school, Stanaford, Shady Spring, Stratton, Fairdale, Hollywood

*New schools

Spring 2019 Participation breakdown:

Fayette County	KIDS	VOLUNTEERS	# OF SEASONS
Fayetteville Elementary	40	5	2
SALS Beards Fork after school	20	4	New Club!
Valley Elementary	91	8	8
Nicholas County			
Birch River Elementary	64	6	5
Zela Elementary	47	5	4
Mount Lookout Elementary	24	3	New Club!
Mount Nebo Elementary	16	4	2
Summersville Elementary	100	10	7
Raleigh County			
Coal City Elementary	70	7	4
Fairdale Elementary	81	10	4
Mabscott Elementary	48	5	3
Marsh Fork Elementary	25	2	6
Crescent Elementary	28	7	New Club!
Shady Spring Elementary	68	8	2
Stanaford Elementary	32	4	2
REACH Home School	14	4	2
Stratton Elementary	23	2	New Club!
Hollywood Elementary	44	3	New Club!
Bradley Elementary Fun Run	40	1	1
TOTALS	875	98	

"I've had more energy and I've felt better about myself" - Nycole, Kids Run Club participant at



"Exercise helps [my child] focus his attention and be more calm at home. He's had fun writing out his own exercise program at home and completing it a few times." - Parent of a Kids Run Club participant

Thank you to Active SWV's Kids Run Club Head Coaches!

Hilary Nicolau | Stacy Harrison | Brittany Chaber | Sarah Coffey | Alexis Virtue, Latoya Ray | Leigh Ashby | Miranda Hughart | Jeremy Wood | Carrie Ciliberti, Michele Anderson | Glen Tyree | Dee Dee Wisniewski | Amanda Baker | Natasha Cook | Cali Evans | Kim Cantley | Kelli Martin | Scott Farr | Matt Huffman | Christy Huffman | Faith Liskiewicz | Bonniejean Alexander | Jennifer Wooton | Kelvin Pannell, Staci Stover | Kathy Daniel | Erin Kneeland | Michele Blankenship | Melanie Allen



Kids Run Clubs

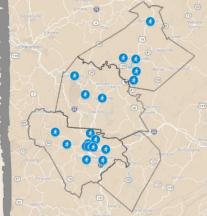


KIDS RUN CLUBS **SPRING 2019**

- Birch River Elementary
- Bradley Elementary
- Coal City Elementary
- Crescent Elementary
- Fayetteville Elementary
- Hollywood Elementary
- Mabscott Elementary

- Marsh Fork Elementary
- Mount Nebo Elementary REACH home school group
- SALS Beards Fork after school group

 • Shady Spring Elementary
- Stanaford Elementary
- Stratton Elementary
- Summersville Elementary
- Valley Elementary



"Love run club and I love that the kids love run club. It's good seeing the kids active and not stuck behind a screen" - Margret Perdue, Coal City Kids Run Club Coach



Participant Surveys

Active SWV partners with the WVU School of Public Health to conduct and analyze pre and post program surveys with the youth participants. Here are some of the results from the Spring 2019 class:

Out of 251 children who completed both the pre and post surveys...

- From the beginning of the season to the end, the percentage of children meeting the guideline of 60 or more minutes of physical activity 7 days a week increased from 30.0% to 37.3% (statistically significant)
- The group of children who participated this season reported higher levels of pre-program physical activity than the past couple of
- The average number of days per week participants reported getting at least 60 minutes of PA increased from 5.201 days to 5.382 days from the beginning to the end of the season
- From the beginning of the season to the end, total screen time decreased for 98 children (39.0%), and increased for only 48 (19.1%) (statistically significant)
- The percentage of children meeting the guideline of 2 hours of screen time or less per day increased from 41.8% to 51.9% of participants. This included 42 participants (16.7%) who went from not meeting the guidelines at the beginning of the program to meeting them at the end. (statistically significant)
- There was an increase in the confidence levels of participant respondents about their ability to be physically active for 60 minutes a day, with in an increase from 63.1% to 70.8% saying they could definitely be active for that time.
- At the end of the program, 68.5% of participants said that since their participation in run club, they have gotten a friend or family member to increase their physical activity as well.

Parent Surveys

This year, Active SWV piloted a parent survey to get some of their view of the Kids Run Club program:

From 76 parent respondents...

- He or she has asked me to be physically active (run, walk, play a sport etc.) with him or her: Yes 91%, No 7%, Not sure 3%
- He or she is more active: Yes 89%, No 4%, Not sure 7%
- He or she is happier or has an improved mood: Yes 67%, No 8%, Not sure 25%
- He or she is better behaved at home and/or in school: Yes 74%, No 4%, Not sure 18%
- His or her mood and behavior have improved: Yes 66%, No 11%, Not sure 24%
- He or she has a more positive attitude towards physical activity: Yes 86%, No 3%, Not sure 12%
- He or she seems more confident with physical activity: Yes 91%, No 3%, not sure 7%
- His or her screen time has decreased: Yes 75%, No 11%, Not sure 15%
- His or her overall experience with Kids Run Club was positive: Yes 99%, No 0%, Not sure 1%
- I think that he/she learned something about healthy living or physical activity during Kids Run Club: Yes 99%, No 0%, Not sure 1%
- I have been physically active with my child (since his or her participation in Run Club): Yes 82%, No 14 %, Not sure 4%
- I would recommend the Kids Run Club program to a friend: Yes 100%



Workplace Wellness

Employers in southern West Virginia can improve the health of their employees by participating in the Active SWV Workplace Wellness program. Many people spend a significant portion of their lives at work, which is why it is imperative workplaces prioritize health initiatives that are simple, inexpensive, and long-lasting. This program provides structure and support for a multi-year approach to increase physical activity in the workplace by utilizing a score card to measure results. Visit the Active SWV Workplace Wellness Manual at https://activeswv.org/workplace-wellness-tools/.

Total list of workplaces

Region 1 Workforce, New River Community and Technical College, KVC health systems, Region 4-Summersville, Enterprise Rent a Car, Beckley Sanitation Board, New River Health Assocation, Colombia Forest Products, Summers County Board of Education, Quality Insights

New sites for 2019

Region 4-Summersville, Enterprise Rent a Car, New River Health Association, Columbia Forest Products,

Summers County Board of Education, Quality Insights

Number of employees

1. Region 1 Workforce: 50

2. New River Community and Technical College: 120

3. KVC health systems: 10

4. Region 4-Summersville: 10

5. Enterprise Rent a Car: 50

6. Beckley Sanitation Board: 37

7. New River Health: 200

8. Colombia Forest Products: 200

9. Summers County Board of Education: 100

10. Quality Insights: 175

Total: 832 Employees









Action Item Success		2			
# of Worksites	Action item				
10	Scorecard assessment				
7	Employee interest survey	O STEEL STATE	■ Now if a time to Love Your Heart and put the pledge into artison		1
7	Wellness committee	Wind Relieve			7
7	Nutrtion demonstrations	Mind Reliever White Down Thirst	Thank You!		100
6	CDC WorkeHealth employer trainir			lan ex Th	
5	Wellness challenges				
4	Workplace Wellness MOU in place				7
4	Physical activity posters				/

Workplace Wellness

Additional action items; health fairs, health screenings, mindfulness education, healthy bulletin boards, social media support groups, monthly newsletters, exercise equipment totes, health library, participating in Active SWV Signature Events, blood pressure stations, and physical activity presentations.

CDC Training Recap

Active SWV's, Workplace Wellness Director, Laura Baker became a Work@Health trainer through the National Association of Chronic Disease Directors to provide this evidenced-based training curriculum to businesses in southern West Virginia and help create a healthier workforce. The WorkeHealth curriculum provides avenues for employers to improve organizational health of employees with resources and insight into interventions and best practices that have shown to make sustainable changes. Laura is one of 2 certified trainers in West Virginia.





Bike/Walk SWV

By rethinking the region's infrastructure to support active lifestyles, southern West Virginians can improve their health and wellness with more opportunities to get outside and exercise while increasing economic activity and job creation. Active SWV Bike/Walk is committed to providing a network of accessible hiking trails and fitness trails to make walking and biking safe, fun and convenient for everyone. View the Bike/Walk How-To Manual at https://activeswv.org/programs/bike-walk-swv/.

Mount Hope Rail Trail update

The Mount Hope Rail Trail will offer new opportunities for outdoor physical activity and historic interpretation while showcasing the natural beauty of the New River Gorge area. The project aligns with the City of Mount Hope's Comprehensive Revitalization Plan of 2013 to create more recreational facilities to support tourism and improve the overall attractiveness of Mount Hope. The trail will follow the path of a former coal mining spur line, which parallels Mill Creek as it flows from the base of Garden Ground Mountain toward Dunloup Creek in Mount Hope.

Beckley BPAC update

- · Monthly public meetings with stakeholders and city officials
- Submitting an application to be a Bicycle Friendly City by the League of American Bicyclists
- Hiring a full time trail coordinator
- Monthly walks with the mayor and city council members
- Partnership with the New River Gorge National River for bike safety education and group rides
- Submitting grant requests for a bicycle share/rent program
- Submitting a Complete Streets Policy
- Mapping sewer right-of-ways for trail connection feasibility
- Communicating with regional trail projects
- Map signage for the McManus Rail Trail
- Grant request submitted for trail emergency call boxes







Signature Events

Active SWV Signature Events bring quality fundraising events to southern West Virginia. These fee based races raise funds for the free programs of Active SWV while providing more opportunity for family friendly and beginner racers. View upcoming events at https://activeswv.org/signatureevents/.

Regional Fun Run

The 4th annual Regional Fun Run/Walk was held on May 11th at Woodrow Wilson High School. Beckley REFIT offered a dance party warm up and then the crowd hit the track. Runners and walkers made up to 12 laps around the track for a 5K distance.

Participation

84 people from the Kids Run Club program

2 Community Captains

15 Workplace Wellness employees

13 New participants

Total 114 participants



Partners: Beckley Area Foundation's Susan Landis "Not Us" initiative with high school students, middle school cross country coaches from Shady Spring, Park, and Beckley-Stratton, Woodrow Wilson High School track coach.

This event was successful in providing additional free physical activity opportunities to;

- Workplace Wellness sites competing in their "Spring into Summer Challenge."
- Giving Kids Run Club participants a culminating event to meet other participants from regional schools.
- Reach a new audience with a sample of the Community Captains REFIT program for future participation.
- New participants who were hearing of Active SWV for the first time

Active SWV Family Triathlon

- The 4th Annual Active SWV Family Triathlon was held on June 8th at Summersville Lake Battle Run. We had 17 adults and 17 youth participating in either team or individual categories.
- The workplace sponsorship partnership was a success with Columbia Forest Products. Nine employees participated in the run, bike, and paddle event.
- Sponsors: Adventures on the Gorge, Summersville CVB, Rocky Mountain Rafts, Mountain Surf Paddle Sports, and Columbia Forest Products.
- Volunteers: Kesler Cross Lanes Volunteer Fire Department, US Army Corps of Engineers Huntington District, New River Health Association, Connected Communities.
- Proceeds were used to support the Active SWV Kids Run Club program at Zela Elementary School with lighting for their running track.



Still to come in 2019:

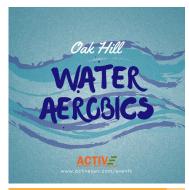
New River Gorge SUP Race September 22, 2019 Active SWV Bridge Day 5K October 19, 2019 Ugly Sweater WalkRun November 30, 2019



Media and Promotion Gallery











Free State Park Tour Programs

Howkis Nest Hilke - Saturday June 1st 10am* - Hawkis Nest State Park

First Sunday Hike - Sunday June 2nd 2pm - Carnifex Ferry State Park

First Sunday Hike - Sunday June 2nd 2pm - Camites Ferry State Park
Hawks Nest Fool Water Aerobica - Wednesdoy/Saturday Jome - Hawks
Hawks Nest Chair Fitness - Tuesdays 6 pm - Hawks Nest State Park
Lansing @1 Gong - Saturdays 10 am - Burwood Povillion
Babcock Full Moon Hike - Monday June 17th 8pm - Babcock State Park
Ansted Paddle Board/Q1 Gong/Hike - Wednesday June 20th 12pm - F
Pipestem Hike - Sunday June 23rd 5pm - Pipestem State Park
Little Boaver Hike - Saturday June 29th 5pm - Little Beaver State Park

Free Get Active in the Park Programs

Reservations Required getactive limberatisgnal

Butcher's Branch Trail Hike - Saturday June 1st 9am* - Koymor Trailhed

Butcher's Branch Trail Hike - Saturday June lst 9am* - Kaymoor Grandview BETT Group Firense in the Park - Saturday June lst 4 Kaymoor Stairs Walk/Run - Thursdays 8am - Kaymoor Trailheac Thurmond Group Trail Bike Ride - Saturday June 6th 9am - Ren Summersville Stand Up Paddle Boarding - Friday June 18th 9 Foyetsville Hike - Saturday June 18th 9am - Long Point Trail Cunard Trail Hike - Wednesday June 26th - South Side Trail Edmand Rock Climbing - TBD

*All June 1st Hike Summer Stand Stand Rock Climbing - TBD

*All June 1st Hike Summer Stand Stand

WOAY

activeswv.org/events facebook.com/pg/ActiveSWV/events 304-254-8488 Please visit our event pages before programs for updates, descriptions, cancellations and locations. Active Southern West Virginia programs are free and open to all people in a well and safe environment, directed by Community Captain volunteers.

6/05/9





Gentle Yoga Tai Chi/Qi Gong Hiking Walking Group Water Aerobics Pickleball Stand Up Paddleboarding

Music & Movement Running Other: Approved Refills: Unlimited

Side Effects: Happiness, positive attitude, improved physical & mental health, new friendships

Provider Notes:

Patient: Provider:

For more information on physical activity programs please visit:

www.activeswv.com www.facebook.com/activeswv

www.tacerveswv.com

504-254-8488
Active Southern West Virginia programs are free and open to all people in a welcoming and safe environment, directed by Community Captain volunteers

ECOSYSTEM

A nonprofit building an ecosystem of physical activity for the residents of southern West Virginia by offering programs led by trained leaders from within the communities they serve. Each Active SWV program serves a specific purpose to build capacity within southern West Virginia populations. The connectivity of each program will help usher in a vibrant, diverse economy.









Saturday June 8th

1.2 MILE RUN, 2 MILE BICYCLE RIDE, AND A 1 MILE PADDLE

ACTIV= Physical Activity - Let's Move

You know you need physical activity to stay healthy. But did you know it can help you feel better right away? Check out the benefits below.



ACTIV= Social Media Tips & Etiquette

Your participation in social meda helps Active Southern West Virginia reach a greater population and promotes awareness of our free physical activities, Kids Run Clubs. Workplace Wellness, Bike/Walk, and Signature Events. Thank you for volunteering Prepared in partnership with REFIT Beckley

ACTIV= Inclusion & Disability Awareness

Active Southern West Virginia seeks to improve the health of all southern West Virginians by providing free opportunities for physical activity.

Definition of a Disability:

A disability is any condition of the body or mind that makes it more difficult for the person with the condition to do certain activities and interact with the world around them (participation restrictions). Centers for Disease Control and Prevention

bility can affect any person at any time in their life. It may be temp nament and can can affect a person in any of the following ways:

People may think, play, and recreate differently. But ALL

people want to play, experience the outdoors, and be included.

- pants to speak to you proutery person and program in the program is the people are filling out waivers with a disability alects to communicate with you about their disability you can on and/or parent, care support, or advocate what support they may need Respect and compassion for all people is a key value for leadership in Active SWV programming. If you would like to discuss how to make your program more inclusive please contact your Active SWV staff at info@activeswv.com.



Partners

New River Gorge Development Authority, New River Gorge National River, Army Corps of Engineers at Summersville Lake, Carnifex Ferry State Park, Babcock State Park, Hawks Nest State Park, Pipestem Resort State Park, Bluestone State Park, Raleigh County Parks and Recreation, Fayette County Parks and Recreation, City of Beckley, City of Fayetteville, City of Oak Hill, City of Hinton, Summersville Arena, Camp Brookside Environment Education Center, ACE Adventure Resort, Bellann Building, Fayette County Commission, Holiday Lodge Hotel, Summers County Library, YMCA Montgomery, New River Community and Technical College Summersville Campus, St Luke's Methodist Church, Coal River Mountain Watch, Faith Baptist Church, Memorial United Methodist Church, The Summit Bechtel Reserve, WVU Extension, New River Health Association, Southern Appalachian Labor School, City of Mount Hope, Beckley Events, New River Gorge Trail Alliance, Coal Heritage Area Authority, Marathon Bicycle Company, New River Bikes, New River Transit Authority supported by RCCCA, Mount Hope Revitalization Coalition, Fayette County Urban Renewal Authority, Harmony for Hope, Crawford Holdings, Preserve WV AmeriCorps, National Park Service, Appalachian Regional Commission, National Endowment for the Arts, Conservation Fund, Greater Kanawha Valley Foundation, WVU School of Physical Activity and Sport Sciences, Be Active WV, WV DHHR BPH Division of Health Promotion and Chronic Disease, Beckley Raleigh County Chamber of Commerce, Nicholas County Health Department, Army Corps of Engineers at Summersville Lake, Woodrow Wilson High School, Beckley-Stratton Middle School, Fayette County Park, Fayette County Chamber, Fayette County CVB, Raleigh County Chamber of Commerce, Visit Fayetteville, Adventures on the Gorge, River Expeditions, Rotary Club of Summersville, Raleigh County Community Action Association

Funders

Massey Foundation, Appalachian Regional Commission, Claude Worthington Benedum Foundation, Good Sports, Outdoor Foundation, New River Health Association, Beckley Area Foundation

Newsletter Sponsors

Summit Bechtel Reserve, Waterstone Outdoors, Bellann Building, Oak Hill Church of the Nazarene, The Hive, The Arrowhead Bike Farm, WOAY TV, L&S Toyota

Event Sponsors

WVU Tech, Anthem, Summersville CVB, Adventures on the Gorge, Keslers Cross Lanes Volunteer Fire Department, Mountain Surf Paddle Sports, LLC, Columbia Forest Products, Army Corps at Summersville Lake, Rocky Mountain Rafts, Tara Fowler Photography, Adventures on the Gorge, ACE Gear Shop, ACE Resort, Cathedral Café, Secret Sandwich Society, Flat Top Fridays, Tap House, New River Yoga, Maggie's Pub, Chris Faris Investments, Chestnut Creek Campground, WV SUP, Freefolks Brewery, Riverboard Brazilian Jiu-Jitsu Academy



"The sense of community has been a great encouragement to me. I have new friends interested in similar activities." - Active SWV participant

Thank you!





Get Involved

Studies show people who volunteer

- Have lower mortality rates
- Have a greater functional ability
- Have lower rates of depression
- Develop leadership skills
- Accumulate community service hours
- Are accountable to their own physical fitness
- Have fun experiences and gain friendships

Individuals can:

- Set up a social media giving event
- Volunteer your time
- Distribute monthly program fliers
- Promote Active SWV to friends and family





Business contributions

- Sponsor a Signature Event with employee entry
- Buy an ad on our monthly email newsletter
- Fund a project
- Donate goods or services
- Promote Active SWV programs

Foundations

• Be part of our next 5 years.

Ask about contributing to the success of our 2025 Strategic Plan.

Board of Directors

William E. Massey, Jr. - Board Chair | Joe Brouse - New River Gorge Regional Development Authority | Gary Morefield - City of Beckley | Eloise Elliott - WVU College of Physical Activity and Sports Science | Jane Sutphin - Raleigh County Schools | Adam Stephens - Arrowhead Bike Farm | Kate Miller - Ansted Middle School | Cindy Whitlock - New River Health Association | Levi Moore - Active SWV Community Captain | Rene Moore - Wellington Advisors | Michelle Rotellini - United Way of SWV | Mick Bates - Body Works Physical Therapy - Delegate | Dave Bernier - WVU Tech | David Sibray - WV Explorer