

You are receiving this email because you have expressed an interest in Active Southern WV. Please forward this to anyone ready for an active lifestyle.

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ACTIVE

SOUTHERN WEST VIRGINIA

A nonprofit promoting public health for the residents of southern West Virginia by offering an array of activities led by trained leaders from within the communities they serve.



Top 10 Active SWV Moments in 2017

Highlights from the 3rd year of Active Southern West Virginia

The momentum continues to grow with more communities, schools, businesses, and government agencies recognizing the importance of physical activity. Here are the top 10 moments in 2017 nominated by our staff and attendees of the Annual Volunteer Appreciation Awards.

View the 2018 calendar here:
[Active SWV Webpage Calendar](#)



January Community Captain Programs Make New Memories & Friendships

Active SWV Community Captains lead weekly free programs throughout communities in Nicholas, Fayette, Raleigh, and Summers counties.

Mondays; [Ansted Indoor Fitness](#) and [Beckley REFIT Group Exercise](#)

Tuesday; [Craigsville Indoor Walking Group](#) and [Scarbro Gentle Chair Yoga](#) and [REFIT](#)

Wednesday; [Summersville Indoor Walking](#) and [Ansted Indoor Fitness](#)

Thursday; [Craigsville Indoor Walking Group](#) and [Beckley REFIT Group Exercise](#)

Friday; [Oak Hill Pickleball](#)

Saturday; [New River Humane Society Dog Walking](#)

Sunday; [First Sunday of the Month Hikes](#) throughout the region

All programs are kept up to date at www.activeswv.org/events, but are subject to weather cancellations. Programs are canceled if school is canceled in that county. Check the above calendar link before attending programs.



Get Active in the Park Powered by Community Captains

[Get Active in the Park](#) is an innovative partnership between the [National Park Service](#) and Active Southern West Virginia. Trained [Community Captains](#) deliver free, beginner-level instructional programs to the New River Gorge region. Get Active in the Park empowers our community to see outdoor spaces as a place for health and wellness to take place. This project was made possible in part by a grant from the National Park Foundation.

January 6th [Tai Chi at Sandstone Visitor Center](#)

January 13th [Winter Hike at Long Point Trail](#)

January 20th [Tai Chi at Canyon Rim Visitor Center](#)

January 27th [Yoga Chi at Canyon Rim Visitor Center](#)

January 27th [Hike for Health at Fayetteville Park Loop Trailhead](#)

February 3rd [Tai Chi at Canyon Rim Visitor Center](#)

February 9th [Yoga Chi at Canyon Rim Visitor Center](#)

February 10th [Community Hike at Endless Wall Trail](#)

February 17th [Tai Chi at Sandstone Visitor Center](#)

Pop-up (snow dependent) Winter Play Days will be announced to include snowshoeing, cross country skiing, sledding, snow obstacle courses, snowman building, and more. Connect with our Facebook page for updates; [Get Active in the Park](#).



NEW YEARS DAY HIKE

*2pm Grey Flats
Trails
Beckley, WV
ActiveSWV.com*



First Day Hike **January 1st 2018**

This is a great way to start 2018! We will be exploring the newest trail system in the New River Gorge region. The Grey Flats Trails, behind the Beckley YMCA Soccer Complex, weaves around the Piney Creek Gorge.
Come out for a new year, a new trail, and maybe some new friends!

[Link to Facebook Event Page](#)



Active SWV Bike/Walk

**Now Hiring an AmeriCorps VISTA position;
Pedestrian, Bicycle, Trail Coordinator**

The Active SWV Bike/Walk program is looking for the next great staff member. This position will provide technical assistance for your community to explore ways to improve pedestrian and bicycle safety and accessibility.

[Read the full article here](#)



Beckley Bicycle Repair Stations Fundraiser **Active SWV Bike/Walk**

This campaign has a goal of \$500 to reach the \$1500 needed for two bicycle repair stations located in Beckley; McManus Rail Trail and at the YMCA Soccer Complex.

Funds have already been raised through the Active SWV Bridge Day Bicycle Valet (\$160), McDonald's profit share event (\$200), and private donations (\$100). The City of Beckley will match the last \$500 raised to meet our goal!

Please consider your end of year donation to support this bicycle repair station project.

[Donate here](#)



Workplace Wellness

Learn ways to improve your health while at work

Active SWV wants to be part of your work day by offering ways to stay active in the workplace. This photo is from a presentation to the Beckley Sanitary Board plant employees. They are testing ways to track their steps daily to prepare for a step challenge starting on January 3rd.

You can join the challenge, too! Track your steps for 5 days (Dec.29-Jan.2) during your regular routine. Now, take Jan.3 to Feb 13th to try to increase your weekly steps by 20%. Here are ways to incorporate extra steps throughout your day; [Tips for Getting Your Steps In.](#)

Contact our staff for a review of the program. info@activeswv.com
[Active SWV Workplace Wellness Starter Kit](#)



First Sunday Hikes in 2018

Brought to you by Community Captains Levi & Rene

The first Sunday of every month in 2018 Levi and Rene will be leading beginner group guided hikes in city, county, state, and national parks. This is a great way to explore beyond your usual trails and a friendly group for first time hikers.

The first, First Sunday Hike, will be on [January 7th meeting at 2pm](#) in the first parking lot at the Paul Cline Memorial YMCA Soccer Complex. Come back on the first Sunday in February and March for a new trail in the Piney Creek Gorge.

[Calendar link](#)

Active Southern West Virginia | (304) 254-8488 | Info@activeswv.com | www.activeswv.org

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