

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

Donate

January 2019 Free Programs
Community Captain Led Physical Activities

ACTIVE JANUARY PROGRAMS

SOUTHERN WEST VIRGINIA

FREE

Free Weekly Programs	Date / Time	Location
Beckley Refit Dance Aerobics	Mon/Tues/Thurs 6pm	Central Headstart
Maxwell Hill Refit Dance Aerobics	Wednesdays 8:30-9:30am	Maxwell Hill Community Center
Prosperity Refit Dance Aerobics	Saturdays 9:30-10:30am	Faith Baptist Church
Fayetteville Pickleball	Tuesdays 8:30am	Memorial Building
Scarbro Gentle Yoga	Tues (Except 3rd Tue of Month) 5:30pm	NRH Robinson Annex
Beckwith Walking in the Park	Wednesdays 10am	Fayette County Park
Upper Kanawha Valley Walking Group	Mon 5:30pm / Thurs 10am	Montgomery YMCA
Craigsville Walking Group	Tues/Thurs at 12:30pm	St. Luke's Methodist Church
Fayetteville Running Group	Wednesdays 5:30pm	The Grove
Oak Hill Indoor Pool Water Aerobics	January 1, 3, 22, 24, 29, 31 at 10am	Holiday Lodge Hotel
Oak Hill Group Fitness	January 8, 10, 15, 17 at 10am	Holiday Lodge Hotel
Ansted Group Fitness	Thursdays at 6pm	Hawks Nest State Park
Mt. Nebo Meadow River Hike	January 19th 1:30pm	Nallen
90 Minute Re-Fit Dance Aerobics Special	January 3rd at 6pm	Central Headstart
Beckley Hike	Saturdays at 10:30am	YMCA Soccer Complex

*Please note: The winter weather season is unpredictable and we make scheduling calls to ensure participant safety. We encourage participants to check program event pages and calendars before programs especially during the winter weather season.

Get Active In The Park

Partnership with the New River Gorge National River

Lansing Qi Gong	Saturdays in January at 10am	TBD
First Day Hike Hike	January 1st 10am	ACE Adventure Resort
Fayetteville Trail Hike	TBD 2pm	NRG Trail TBD

Follow our Get Active in the Park social media for notifications on pop-up winter events including snowshoeing and sleigh riding. <https://www.facebook.com/GetActiveinthePark/>

FREE Polar Fest Active SWV 5K Run/Walk	February 2, 2019 12pm	Bluestone State Park
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Now accepting volunteer Community Captains for 2019. Active SWV Community Captains lead free activities of interest to them, in places and times convenient to them and inviting for their families, friends and neighbors. This peer-to-peer approach enables every day people to become leaders of health in their communities. Contact us today for more information on volunteering.



Do you want to receive our monthly physical activity program in your inbox each month? Sign up for our Active SWV newsletter and stay current with all of our programs, events, volunteer opportunities and special announcements. Go to <https://activeswv.org/contact-us> to sign up today!



Thank you to our sponsor:



Summit Bechtel Reserve

Please visit our event pages before programs for updates, descriptions, cancellations and locations:

activeswv.org/events

304-254-8488

www.facebook.com/pg/ActiveSWV/events

Active Southern West Virginia programs are free and open to all people in a welcoming and safe environment, directed by Community Captains. Want to volunteer and lead a physical activity program or walking group in your area? Please contact us today!

Updated 12-21-18

Please visit the Active SWV online events calendar [here](#). To follow the events on facebook please click [here](#).

New Year's Resolutions
You Can Be An Active SWV Volunteer



Now is the time to make your own New Year's Resolutions. There are so many ways you can get involved with different commitment levels.

Take action in the new year. Plan now to contribute to your community in any of these ways:

- Join a [free program](#) for the first time.
- [Volunteer](#) to lead a program. We can provide free training during times convenient to you!
- Donate indoor space for a weekly program.
- Share [Active SWV programs](#) with friends and family.
- Be a [health ambassador](#) at your workplace.
- Join city council meetings to discuss [walking and biking in communities](#).

Click [here](#) to learn more about how volunteering benefits you and our community.

Active SWV Kids Run Clubs In 2019 Goals and New Year's Resolutions



A new year is a time to try new things...like volunteering with an Active SWV Kids Run Club! The program saw great things in 2018 with total youth participation at 1,638 kids,

total volunteer participation at 190 coaches, and a total of 20 Kids Run Clubs hosted by schools and community groups across Raleigh, Summers, Nicholas, and Fayette counties.

In 2019, Active SWV wants to get even more kids active by implementing run clubs in new schools, and increasing youth participation in existing clubs. The key to this goal is more volunteers! Volunteers truly sustain and maintain the Kids Run Club program, giving kids the confidence and know-how to lead healthy lives beyond their school days.

Active SWV is looking for teachers, administrators, parents, students, and community members to serve as Coaches for our Kids Run Club Program. We need YOU to help make our youth healthier and more physically active!

Read more about getting involved at [here](#).

Active SWV Signature Events for 2019

Fundraising 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.

February 2nd **Active SWV Polar Festival 5K Run/Walk** at Bluestone State Park *free

May 11th **Active SWV Regional Fun Run** at Woodrow Wilson High School *free

June 8th **Active SWV Family Triathlon** at Summersville Lake

September 15th **Active SWV New River Gorge SUP Race** at Fayette Station

October 19th **Active SWV Bridge Day 5K Run**

November 30th **Active SWV Ugly Sweater 5K Run/Walk** at Fayette County Park

<https://activeswv.org/activeswvevents/>



Active SWV encourages you to be thoughtful in setting healthy goals for 2019.

As 2018 comes to close, we welcome in 2019 with midnight champagne, a count down and New Year's Resolutions. Many look forward to the New year with goals to live a healthier lifestyle, be more physically active, eat healthier and feel better! The statement "I want to eat healthier in 2019", has good intentions, but is oftentimes is hard to define and results in crash diets that are unsustainable and unsuccessful. So, to make your resolutions to eat healthier last, lets break it down into a few, small, bite sized goals.

- Move more, sit less
- Reduce your sugar consumption one bite at a time
- Don't be tricked, low-fat products are not the answer to healthier eating habits
- Try new recipes and incorporate more vegetables 1-2 times a week

Click [here](#) to read more about each of these goals and the action items to be successful.

Stay tuned for nutrition tips to follow in future newsletters. This new addition to the newsletter is provided by Active SWV's [Workplace Wellness](#) Director: Laura Baker MS, RDN, LD.

Workplace Wellness in 2019
Goals and New Year's Resolutions



Active SWV is stepping into 2019 with enthusiasm and goals for the New Year! We are excited to help improve the health of our community by providing a comprehensive [Workplace Wellness](#) program to a regional workforce.

1. **Twelve Active SWV Workplace Wellness** sites on board to participate in Raleigh, Nicholas, Summers and Fayette Counties.
2. Workplaces to participate in Active SWV [Signature Events](#), while creating a positive environment of teamwork to empower the workforce towards wellness.
3. Workplaces to sponsor **Active SWV Signature Events** and in return receive FREE entry for all employees. Now that's a good way to boost morale and teamwork.
4. **Collaborate with healthcare providers** to extend expert advice on wellness topics and resources such as; back pain, stress management, depression, mental health, chronic disease, physical therapy, tobacco cessation, and health screening resources. If you are or know of anyone interested in this opportunity, please contact us.
5. **Connect with experts in the physical fitness profession** to provide reliable resources and information to our workplaces from those who are well versed in kinesiology and physical activity. If you are a yoga, tai chi, Qi Gong instructor or personal trainer who would like to be a part of accomplishing our goals, we'd love to have you as we encourage our community into healthier living.

Cheers to 2019 and the healthy and active goals we will achieve! Please [contact](#) Laura Baker, our Workplace Wellness Director for any questions about our program.

"I appreciate all that Active Southern West Virginia has done to help New River Community and Technical College start on a journey of encouragement and motivation for our employees to get healthier. Of course, we know healthy employees are happier and more productive. It is a win-win!" Amanda Baker, Director of Human Resources, NRCTC

Goals For Community Captains in 2019

- Increase participation by 25%
- Grow Community Captains from small communities and increase volunteers in Nicholas and Summers Counties. Goal of 12 new Community Captains and 50 total Community Captains in 2019.
- Measure/survey participants to capture first time users and repeat users in partnership with WV Health Connection, Benedum Foundation, and WVU.
- Evaluate Community Captains annually
- Find ways to incorporate ASWV program cross over



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We can help you be part of this needed and free program.

Active SWV is now Accepting Volunteer Community Captains for 2019

Active SWV Community Captains lead free activities of interest to them, in places and times convenient to them and inviting for their families, friends and neighbors. This peer-to-peer approach enables everyday people to become leaders of health in their communities. To learn more about becoming a Community Captain click [here](#).

January Community Captains of the Month Aletha Stolar and Patsieann Misiti

Community Captains of the Month



Aletha Stolar



Patsieann Misiti

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Active SWV would like to highlight Aletha Stolar and Patsieann Misiti as January Community Captains of the Month. Aletha and Patsieann will be hosting Qi Gong classes every Saturday in January at Canyon Rim Visitor Center in Lansing.

We asked Aletha and Patsieann to tell us a little about themselves and why they are physically active. To read more about these inspiring ladies click [here](#).

"Friends that want to keep active help me stay motivated. By being a Community Captain and leading Tai Chi classes/programs, I have to keep practicing and learning. It's important to have a reason to practice, learn, and do," shares Aletha.

January Participant Of The Month **Samantha Cadevil**



This month Active SWV would like to highlight Samantha Cadevil as Active SWV January participant of the month. Samantha is an AmeriCorp Vista at Just for Kids Advocacy Center. She recently attended our [Qi Gong program](#) at Canyon Rim Visitor Center in Lansing. This program was led by Community Captains Aletha Stolar and Patsieann Misiti.

Read more about Samatha's first Active SWV experience [here](#) and more about Community Captains Aletha and Patsieann [here](#).

Qi Gong **Join a Free Tai Chi Program in January**



FREE QI GONG GROUP EXERCISE

Join Active Southern West Virginia Community Captains, Aletha and Patsieann, and National Park Service rangers for a Qi Gong program at the Canyon Rim Visitor Center of New River Gorge National River. Learn the ancient Chinese practice of Qi Gong, a stationary form of Tai Chi, in this beginner program. Trained volunteers will teach you the basic form and movements to build better balance and muscle control.

NO RESERVATIONS REQUIRED

All are welcome to join us every Saturday in January at 10am.

For more information visit:

www.activeswv.com/events or call 304-254-8488

www.activeswv.com/events

Active SWV Bike/Walk
Incorporating Bikeability and Walkability Into Your Community



The staff of Active SWV seeks to help the communities of southern West Virginia reach their fullest potential in providing opportunities for people to be physically active. Communities are made up of people and communities should be accessible to people, by all modes of movement! Active Southern West Virginia can offer support to the communities of southern West Virginia that seek to become more bicycle friendly. Our Active SWV Bike/Walk program and its staff will work alongside members of your community to assess the best ways to plan the transition.

Here are some ways to incorporate bikeability and walkability into your community:

- Bicycle valets/bike racks at town events
- Walking meetings for businesses and groups
- Recreation users contributing to city council meetings
- Start a weekly walking group

Learn more here and contact the Active SWV staff for free consultations: <https://activeswv.org/programs/bike-walk-swv/>

Polar Fest and Active SWV 5K Walk/Run **Bluestone State Park**



The first Polar Festival at Bluestone State Park will feature a free run and walk event. The run/walk event will be free and the kick off to an afternoon of winter activities to include polar plunge, bon-fire, warm food, and activities for families of all ages.

Save the date to join us in Summers County at the first Polar Festival! More details to come.

Thank you to Bluestone State Park and Explore Summers County.

<https://www.facebook.com/events/331043174343524/>

January 2019 Newsletter Sponsor
Thank You to the Summit Bechtel Reserve



Thank you to the Summit Bechtel Reserve and J.W. & Hazel Ruby Visitor Center for donating beautiful event space to Active Southern West Virginia for the Annual Board Meeting and Volunteer Awards.

Please contact our office if your business would like to sponsor upcoming newsletters and program fliers reaching over 5,000 locals monthly.

STAY CONNECTED:

