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ACTIVE

SOUTHERN WEST VIRGINIA

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

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New Active SWV Workplace Wellness Director **Welcome Laura Baker**



Active Southern West Virginia recognizes the value in a healthy workforce for, increasing productivity, retaining talent and attracting new businesses to southern West Virginia. It is our mission to increase opportunities for physical activity throughout schools, businesses, communities, and across all ages. The Active SWV Workplace Wellness program will be the model businesses, agencies and organizations can follow to improve the health of our workforce. As of 2017, West Virginia's labor force participation rate (25-54 years of age) was the lowest among all states in the nation at just over 53% according to the West Virginia College of Business and Economics, Economic Outlook 2019-2023. The health and availability of our workforce is key to retaining young talent and attracting new industries.

Laura Baker comes to Southern West Virginia from San Antonio Texas where she earned a Bachelors in Kinesiology at St. Mary's University, a Masters in Human Nutrition and completed a 1240 hr dietetic internship from Texas State University. She has been a nationally recognized Registered Dietitian since 2015. Laura was the Director of Clinical Nutrition Services at San Antonio Hospital for 2.5 years before moving back to West Virginia. She and her husband decided to return to southern West Virginia to raise their two daughters and be surrounded by the world class recreation opportunities, longtime friends, and a small town quality of life.

Now Accepting Businesses for the Program

Active SWV in partnership with the Appalachian Regional Commission and Try This WV can now support 12 workplaces across Nicholas, Fayette, Raleigh, and Summers counties. The program is open and free to any size workplace. Contact our office for more information at info@activeswv.com or (304) 254-8488.

Read more about Laura and the Workplace Wellness program [here](#).

November 2018 Free Programs **Community Captain Lead Physical Activities**

ACTIVE NOVEMBER 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
Beckwith Walking in the Park	Wednesdays 10am	Fayette County Park
Scarbro Gentle Yoga	Tues (Except 3rd Tue of Month) 5:30pm	NRH Robinson Annex
Richwood Walking Group	Mon/Tues/Thurs 5pm	Pratt Park
Naoma Walking Group	Tues/Thurs at 9am	Marsh Fork Alumni Park
Upper Kanawha Valley Walking Group	Mondays at 5:30pm	Montgomery YMCA
Craigsville Walking Group	Tues/Thurs at 12:30pm	St. Luke's Methodist Church
Oak Hill Indoor Pool Water Aerobics	Tues/Thurs at 10am	Holiday Lodge Hotel
Ansted Group Fitness	Thursdays at 6pm	Hawks Nest State Park
Beckley Justify The Pie Bike/Walk	TBD	McManus Trail

*Please note: There will be no programs on Thanksgiving day. We encourage participants to check program event pages and calendars before programs especially during holiday and winter weather seasons.

Get Active In The Park

Partnership with the New River Gorge National River

(Reservations required for Get Active in the Park programs only: getactiveintheparke@gmail.com)

Lansing Qi Gong	November 10th, 10am	Canyon Rim Visitor Center
Edmond 40th Anniversary of New River Gorge Hike	November 17th, 10am	Endless Wall Trail
Lansing Qi Gong	November 17th, 10am	Canyon Rim Visitor Center
Fayetteville Opt Outside Hike	November 23rd, 2pm	Long Point/Timber Ridge Trail
Grandview Turkey Burner Hike	November 25th, 2pm	Grandview Rim Trail
State Park Tour Bluestone State Park	Sunday, November 4th	Bluestone State Park

Active SWV Ugly Sweater 5K Walk/Run

Friday, November 30th Fayette County Park in Beckwith

This fundraising event is the exclusive first night of the Fayette County Park Winter Wonderland Light Show and open to event participant foot traffic only. Registration begins 5pm.



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 sponsors:



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 10-31-18

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

Thank You To All Of Our Community Captains
Now Accepting Volunteer Applications



What is a Community Captain?

[Community Captains](#) are champions of health in their communities. They motivate friends and family, lend social support, and ensure a safe environment for the physical activity programs they lead. You do not need to have any special skills to sign up as a volunteer Community Captain. All the training is provided for free.

Community Captain Training:

Community Captain receives specialized training to make sure each program is of the highest quality and safety standards.

- Leadership training with a focus on group dynamics
- Risk management
- CPR/First Aid
- Communication and program promotion
- Certification in specific activities such as; Leave No Trace hiking etiquette, Tai Chi, Refit dance aerobics, pickle ball, group fitness, water aerobics, paddle boarding, rock climbing, mountain biking, and more.

Click [here](#) to learn more about becoming a Community Captain.

3 Ways Kids Run Club Contributes to Positive Economic Development

Academics, Family and Behavioral Impacts



In any community, positive economic development depends on having a healthy workforce. By focusing on kids' health, the ActiveSWV [Kids Run Club](#) program helps achieve the organization's overall mission to improve the health and longevity of the workforce in the region by engaging in future workforce development.

The Kids Run Club program emphasizes values around teamwork and inclusion, while giving kids the skills and confidence they need to be physically active and lead healthy lives beyond the tenure of the program. Kids Run Clubs give kids access to structured physical activity early on, which puts them in a better position to stay healthy and positively contribute to their community's economy as they grow older. There are a few ways that the program can lead to this outcome.

Click [here](#) to read more about how the Active SWV Kids Run Club impacts academics, family and behavior.

Now Hiring Kids Run Club Director



The expectations of a full time [Kids Run Club](#) Director would be to strengthen the volunteer Kids Run Club coach's skills, knowledge base, and resources. This coach support will provide an elevated level of physical activity education for Kids Run Club participants. It is the mission of the program to foster a healthier, stronger next generation in the workforce in southern West Virginia. To read more about the position description, Kids Run

program, duties and requirements please click [here](#).

November Participants Of The Month Joe and Jenni Canterbury



Joe and Jenni Canterbury appreciate that Active Southern West Virginia helps to connect our community with healthy activities, making opportunities for exercise more accessible.

Joe has always been athletic, but hadn't tried running before he signed up for a running program with Active SWV in 2015, and has since completed races ranging in distance from 5k to 50k. Jenni didn't consider herself to be athletic, but use to enjoy group exercise classes. Between work and their two children, she found it hard to make it to set classes so she started running with Joe in 2017, focusing on 5k to 10k distances. She first tried stand-up paddle boarding with Active SWV in 2017, and got her own board this past summer. She also helped to bring Active SWV's Workplace Wellness program to her employer, New River Community and Technical College.

Most recently, Joe and Jenni Canterbury completed the [Active SWV Bridge Day 5k](#).

Click [here](#) to find a free program you can join today.

Active Southern West Virginia Bridge Day 5K Thank You To Our Runners and Volunteers



The 3rd Annual [Active SWV Bridge Day 5K](#) was a success! Thank you to all of our volunteers and runners for joining us. Mark your calendars for next Active SWV Bridge Day 5K in October of 2019.

The Active SWV Bridge Day 5K helps us support and increase participation in the [Kids Run Clubs](#).

The Mount Hope Phoenix Mural Economic Impacts of Public Art



In Mount Hope, WV a vibrant mural resides on a main street building. "The Mount Hope Phoenix Wall", by Ian Bode and Brian Pickens, is a visual representation depicting a town that rose from the ashes after the fire of 1910. The colorful painting features present and future possibilities for the town of Mount Hope. The large-scale art piece depicts scenes from the town's history, iconic buildings and local recreational activities.

Three years ago, Active Southern West Virginia brought together stakeholders for a discussion focused on revitalizing Mount Hope. From that meeting, several projects were planned including a rail trail, a fitness trail with exercise stations, and a walking tour of town. Andy Davis, [Active SWV's Pedestrian, Bike and Trail Coordinator](#), has since put the fitness trail and stations in place, installed a bike repair station, and

coordinated the purchase of property for the rail trail and the design for the mural project, all with the intention to reimagine Mount Hope as a destination for both historical tourism and business development. The Mount Hope Coalition team was formed and is comprised of members from Active Southern WV, [Fayette County Urban Renewal Authority](#), Harmony for Hope, Crawford Holdings, [Preserve WV AmeriCorps](#), [National Coal Heritage Authority](#) and the [National Park Service](#). The Coalition was selected from Gateway Communities for National Parks from all throughout Appalachia.

Click [here](#) to continue reading about the Mount Hope Phoenix Mural.



ACTIVE UGLY SWEATER SOUTHERN WEST VIRGINIA 5K Walk/Run

Friday November 30th Fayette County Park in Beckwith

Join Active Southern West Virginia for the 3rd Annual Ugly Sweater Walk/Run. This event is the *exclusive* first night of the **Fayette County Park Winter Wonderland Light Show** and open to event participant foot traffic only.

- Registration begins at 5:15 pm and race begins at 6pm sharp
- \$10 per person fundraising fee, \$5 for 12 and under, 5 and under are free
- Concessions of hot chocolate and snacks will be for sale

Participants receive:

- Timed run and walk
- Event ornaments provided
- Ugly sweater competitions



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www.activeswv.com/events

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info@activeswv.com



Raise Money For Active Southern West Virginia

- Be sure to use url: <http://smile.amazon.com> in your browser to begin all future purchases
- Search and select Active Southern West Virginia as your donation recipient
- Link your Amazon orders to Active SWV for a 0.5% donation with each purchase
- Shop and earn money to continue free physical activity programming through Active Southern West Virginia

Thank you for your support!

www.activeswv.com
info@activeswv.com



Shop for a cause! Earn money for Active Southern West Virginia at no cost to you year round. Now through November 2nd, AmazonSmile is donating 5% (ten times the usual amount) to Active Southern West Virginia Inc when you shop at smile.amazon.com/ch/47-1605904.

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