

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

The logo for Active Southern West Virginia features the word "ACTIVE" in large, bold, orange letters. To the right of "ACTIVE" are three horizontal green bars of varying lengths, stacked vertically. Below "ACTIVE" is the text "SOUTHERN WEST VIRGINIA" in a smaller, bold, orange font.

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.

[Donate](#)

December 2018 Free Programs
Community Captain Led Physical Activities

ACTIVE DECEMBER 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	Mon 5:30pm / Thurs 10am	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
Fayetteville Running Group	Wednesdays 5:30pm	The Grove
90 Minute ReFit Dance Aerobics Special	January 3rd	Central Headstart

*Please note: There will be no programs on Christmas 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	December 1st, 10am	Canyon Rim Visitor Center
Glade Creek Hike	December 8th, 10am	Glade Creek Trailhead
Lansing Qi Gong	December 15th, 10am	Canyon Rim Visitor Center
Fayette County Hike	December 16th, 2pm	TBD
Bragg - First Day of 2019 Hike	January 1st, 10am	Kate's Trail

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:



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 11-28-18

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

Live Healthy, Eat Well
Nutrition Advice by Laura Baker MS, RDN, LD



Why Nutrition Matters For An Active Lifestyle

What comes to mind when you hear the word nutrition? Most people think of health and wellness and of course food. Food is meant to nourish our bodies, give us the fuel we need to power through our daily lives and be enjoyed. Food has the amazing ability to heal, repair and optimize human potential. Our brain needs this fuel just as much as our body. It helps sustain our energy, focus on the task at hand, power our movements, build muscle and so much more. In order to lead a healthier lifestyle, and improve our quality of life, nutrition must be a factor. The truism "Your health is your wealth" cannot be overstated. Nutrition is not the entire picture, but it is foundational to a healthier lifestyle.

Five Reasons to "Let food be thy medicine and medicine be thy food" -Hippocrates

1. Reduce the risk of heart disease (#1 killer of Americans today)
2. Mood enhancement
3. Better sleep -What mom out there doesn't want that?!?
4. Improved Brain Function
5. Boost immune system- We all need that for the cold/flu season

These are only a few of the many reasons why good nutrition is important to enhance your life. Nutrition combined with physical activity is a dynamic duo to help you lead a healthier lifestyle. I am excited to bring this component to Active SWV and provide you with expert nutrition advice, cutting edge research and up to date nutrition information. As a Dietitian it is my goal that in the pursuit of good nutrition, you will encounter delicious foods that enhance your meals, increase energy levels, optimize health and give you the boost you need to live the active life you want.

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.

Calling Workplace Wellness Participants
Now Recruiting Workplaces in Nicholas and Summers Counties



Employers in southern West Virginia can improve the health of their employees by participating in the Active Southern West Virginia [Workplace Wellness](#) program. This program will provide structure and support for a multi-year approach to increase physical activity in the workplace by utilizing a score card to measure results. Many people spend a significant portion of their lives at work, which is why it is imperative that work-sites prioritize health initiatives that are simple to understand, are not expensive to implement, and last beyond onetime events.

Contact the new Active SWV Workplace Wellness Director, [Laura Baker](#) to learn more about the program.

Active SWV is currently looking for workplaces in Nicholas and Summers counties to enroll in the 2019 Active SWV Workplace Wellness program. [Contact](#) Laura today to receive an application.

December Community Captains of the Month **Team REFIT**



Active SWV is proud to have ReFit Beckley as part of our team, so we would like to say *thank you* by declaring Team ReFit as Community Captains of the Month. Team ReFit joined Active SWV in July of 2017 and has been growing and going strong ever since. Classes have grown and expanded from one location to three and now ReFit is available 6 days week. Please join us in celebrating the wonderful work of these women and their dedication to making a happier health community.

Click [here](#) to read more about each one of our ReFit Community Captains.

December Participant Of The Month
Lisa Harless



ACTIVE
SOUTHERN WEST VIRGINIA

Participant of the Month
Lisa Harless

Active SWV would like to highlight Lisa Harless as Participant of the Month for December. Lisa has been participating in Active SWV Refit programs since Team Refit joined the Active Team in June of 2017. We caught up with Lisa to ask her a few questions about what drives her, her goals, and advice she would have for someone thinking about joining an Active SWV program.

Click [here](#) to read more about Lisa.

2018 State Parks Tour
Thank You To Our Volunteers



Active SWV would like to say Thank you to Community Captains Levi and Rene Moore for wrapping up the first annual Active SWV [State Park Tour](#). This program hiked at four different WV State Parks two times through the spring, summer and fall. The hikes took place the first Sunday of every month from April through November. The tour consisted of stops in Carnifex Ferry, Bluestone, Babcock, and Pipestem State Parks.

We would also like to congratulate three special participants. These three participants completed all eight hikes of the tour. For their commitment to the Active SWV State Parks tour Jean Wright, Ed Moore, and Virginia Cook will be recognized at the upcoming Active SWV Appreciation Awards.

Thank you all again for your help in making the first Active SWV State Parks tour a success.

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

Active SWV Kids Run Clubs In 2018 Numbers For 2018 Kids Run Clubs



The Active SWV [Kids Run Club](#) program seeks to improve the health outcomes of southern West Virginian youth by empowering them with the knowledge, skills, opportunities, and confidence to be physically active throughout their lives. The central goal of the program is to instill healthy habits in our area's children and to get them excited about running and physical activity.

2018 was a great year for Kids Run Clubs, with a total of **190 volunteer coaches** and **1,638 kids** participating in Clubs across a total of **20 elementary schools** throughout Raleigh, Summers, Nicholas, and Fayette counties.

Click [here](#) to read more about the Spring and Fall 2018 Active SWV Kids Run Clubs.

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



The end of the year is a perfect time to reflect on your yearly progress and to make resolutions for the New Year. There are so many ways you can get involved within all 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.

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

Thank You To Our Sponsor This Month

Fayette County Park in Beckwith



Active SWV would like to thank Fayette County Park in Beckwith as a sponsor this month. The park is the host for our annual Active SWV Ugly Sweater 5K Walk/Run, to the Active SWV Beckwith Walking Group and more [Active SWV events](#).

Would your business or organization like to sponsor an Active SWV newsletter or event? [Contact us](#) today.

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- 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. Use this link for Active Southern West Virginia Inc when you do your seasonal shopping at smile.amazon.com/ch/47-1605904.

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