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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.

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Kids Run Clubs

Participants' Friends and Families Were Impacted to Be More Active

71.8% of participants in the Kids Run Club responded through surveys from the fall 2017 season reported since their participation in Kids Run Club, they have influenced a friend or family member

to increase their physical activity.

"We opened run club up to 1st-4th grade students and almost every student joined. The middle schoolers were so excited about it that we let 5th & 6th graders be our "assistants". They showed examples and played games with the kids. The parents loved the run club. The only thing we would have changed is two days a week instead of just one. It really was a perfect experience."

Read more survey analysis results from the WVU School of Public Health on our [website](#)

Does your school need an Active SWV Kids Run Club? Contact Emily@activeswv.com



February Community Captain Programs **Year Round Programs**

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; [Craigs ville Indoor Walking Group](#) and [Scarbro Gentle Chair Yoga](#) and [REFIT](#)
Wednesday; [Summersville Indoor Walking](#) and [Ansted Indoor Fitness](#) and [Walk in the Park](#)
Thursday; [Craigs ville Indoor Walking Group](#) and [Beckley REFIT Group Exercise](#)
Friday; [Oak Hill Pickleball](#)
Saturday; [New River Humane Society Dog Walking](#) and [Hico Walking Group: Trail to a New You](#)
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.

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](#).

Community Captains of the Month

**Teresa Workman and
Jennifer Robinson**

Active SWV would like to introduce the February [Community Captains](#) of the month, Teresa Workman and Jennifer Robinson. These amazing ladies are the Community Captains of our Pickleball Program. They had the time between matches to answer few questions for us about themselves; what motivates them, and why you too should join an Active SWV free



about themselves; what motivates them, and why you too should join an Active SWV free

program.



When asked for advice to anyone thinking about volunteering, they said, "Being a Community Captain is easy. Active SWV is very supportive with arrangements for facilities, providing equipment and promoting the activity."

[For more information about Pickleball Click here](#)



Participants of the Month

Mark and Dianna Iobst

Active SWV would like to introduce you to our February Participants of the Month Mark & Dianna Iobst. Mark and Dianna participate in our Pickleball program on Fridays at 6pm at Brickhouse Cardio in Oak Hill. We caught up with Mark and Dianna between games to ask them a few questions about why they like playing Pickleball, and why its important to them to be physically active.

When asked what advice they would give to someone new, Dianna says, "Just do it. Everyone is so helpful and friendly. There is no skill level required, because it's all for fun anyway."

[To read more about Mark and Dianne click here](#)



Partners Donate Indoor Space **Community Captain Program Support**

Active SWV would like to say Thank You to our partners that have donated indoor spaces used for our weekly and monthly Community Captains programs. The generosity of these partners makes it possible for many of our programs to exist. These partners share our mission of bringing free physical activity opportunities to their communities.

- St Luke's Methodist
- Raleigh County Community Action Association
- Brickhouse Cardio
- New River Health- Robinson Annex
- Summersville Arena
- Ansted Middle School
- Canyon Rim Visitor Center
- Sandstone Visitor Center
- The Bellann Building

[For more information about our partners and programs click here.](#)



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 February First Sunday Hike will be on [February 4th meeting at 2pm](#) in the first parking lot at the Paul Cline Memorial YMCA Soccer Complex. Come back on the first Sunday in March for a new trail in the Piney Creek Gorge.

[Calendar link](#)



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](#)



Let's Talk Bike/Walk! Active SWV Bike/Walk

Community stakeholders who may share an interest in improving the accessibility and safety of bicycle and pedestrian accommodations in their community are invited to contact our office.

"As the Pedestrian, Bike, and Trail Coordinator for Active SWV, I want to personally invite you to join me for a round table discussion of our Active SWV Bike/Walk program and how we would like to grow it " announced Andy Davis recently, in reference to an upcoming meeting in Hinton on February 2nd which is part of Active SWV's [Meet Us at Summers County Library Day](#). "We also encourage you to extend this invitation to any other community leaders who may be able to help bring more into the discussion."

The communities of Mount Hope, Beckley, Hinton, and Summersville are in the process of implementing Bicycle-Pedestrian-Action-Committees (BPACs) to influence future infrastructure, incorporate physical activity into city and town events, and develop unique bicycle and pedestrian amenities for their communities. Active SWV will be implementing its [How-To Guide for Bike/Walk Communities](#) to help participants create plans for a more active southern West Virginia!

If you are interested in becoming involved with these efforts in any of these communities or would like to explore ways to start an effort in your community [contact Andy here](#).



Workplace Wellness Captain **Matt Huffman with the Beckley Sanitary Board**

The Active SWV Workplace Wellness program offers free support to implement the Center for Disease Control and Prevention's Worksite Health Scorecard. This scorecard provides assessment, planning, implementation, and evaluation structure.

Each workplace designates Wellness Committee Captains. Captain Matt Huffman had this to say about the program, **"I knew the workers would be receptive to the wellness program but I had no idea they would be so engaged and energized with the step challenge. The challenge has motivated employees to become more mindful of their activeness. They are sharing their workout routines with each other as well as what works and doesn't work for them. Other employees are sharing their step activities with their friends and setting other personal goals."**

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](#)



Hiring: Executive Assistant

The Active SWV staff is looking for the next great addition. Do you have writing skills and a passion to improve health in southern West Virginia. This part time job might be for you! Accepting applications through Feb. 9th.

[Read more here](#)



Active SWV 2018 Signature Events Family Triathlon & Bridge Day 5k

Active Southern West Virginia strives to increase the opportunity for physical activity in southern West Virginia. Two signature events have been created to provide high quality beginner races; [Active SWV Family Triathlon](#) on June 2nd and the [Active SWV Bridge Day 5K](#) on October 20th. Proceeds from both of these events go directly to free community programs. Please join us this year as a participant, volunteer, or sponsor!

[Event web pages](#)

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

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