

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](#)

October 2018 Free Programs
Community Captain Lead Physical Activities

ACTIVE OCTOBER 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	Tues & Thurs 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
Oak Hill Indoor Pool Water Aerobics	Tues/Thurs at 10am	Holiday Lodge Hotel
Ansted Tai Chi	Tuesdays 6pm (Oct.16th is the last date)	Hawks Nest State Park
Ansted Group Fitness	Thursdays at 6pm	Hawks Nest State Park
Beckley Full Moon Walk /Bike	October 24th at 7:30pm	McManus Trail



Get Active In The Park	Partnership with the New River Gorge National River	
<i>(Reservations required for Get Active in the Park programs only: getactiveintheparke@gmail.com)</i>		
50th Anniversary of the Ntnl. Trails & Wild & Scenic River System Hike	October 2nd, 5:30pm	Stone Cliff
Cunard Group Bike Ride	October 9th, 5:00pm	Southside Junction
Grandview Refit Dance Aerobics	October 10th, 10am	Grandview
Grandview Leaf Peepin' Walk	October 18th, 5pm	Grandview
Fayetteville Orionids Meteor Shower Hike	October 21st, 8pm	Burnwood
Lansing Qi Gong	October 28th, 2pm	Canyon Rim Visitor Center
Long Point Leaf Peepin' Walk	TBD	Long Point Trail

State Park Tour Carnifex Ferry Battlefield	Sunday, October 7th	Carnifex Ferry Battlefield
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ACTIVE BRIDGE DAY 5K SOUTHERN WEST VIRGINIA	Saturday, October 20th	Fayetteville, New River Gorge Bridge
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The only race across the New River Gorge Bridge! Register today at www.activeswv.org/bridgeday5k



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 9-26-18

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

Top Barriers to Physical Activity Centers For Disease Control and Prevention's Top 10 Barriers



- Do not have enough time to exercise
- Find it inconvenient to exercise
- Lack self-motivation
- Do not find exercise enjoyable
- Find exercise boring
- Lack confidence in their ability to be physically active (low self-efficacy)
- Fear being injured or have been injured recently
- Lack self-management skills, such as the ability to set personal goals, monitor progress, or reward progress toward such goals
- Lack encouragement, support, or companionship from family and friends, and
- Do not have parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to their homes or offices.

This October Active Southern West Virginia is focusing on barriers to physical activity. Active SWV provides effective solutions to get people active in southern West Virginia by recognizing and addressing these researched and validated barriers. For more information on the CDC barriers please click [here](#).

We hope you will enjoy following our journey into addressing and overcoming each of these barriers, specifically how they pertain to southern West Virginians, through each of our Active SWV programs in this newsletter including: [Workplace Wellness](#), [Kids Run Clubs](#), [Community Captain](#) programs and [Active SWV Bike/Walk](#).

Kids Run Club

Removing Barriers Through Active SWV Youth Programming



The [Active Southern West Virginia Kids Run Club](#) program works with elementary schools throughout Raleigh, Summers, Nicholas, and Fayette counties, striving to remove barriers to living healthy lifestyles, and enabling kids to lead active lives. The program provides solutions to challenges that keep children from being active by providing basic opportunities for structured physical activity, assuring that the program is free for all, and teaching lifelong skills that give participating youth confidence in their ability to be lead healthy, active lives beyond the tenure of the program.

1. Creating Opportunities

Many elementary schools do not have sports teams, and those that do may only have spaces for a few children to participate. Raleigh County elementary schools have a limited number of spots on their teams, and other area elementary schools aren't able to provide that opportunity at all. Consequently, many children don't have a chance to explore their athletic abilities early on. By offering Kids Run Clubs at schools, Active SWV seeks to remove this barrier by simply providing a basic opportunity for all kids to get active. Whether it's before school or after school, parent and teacher [volunteer](#) coaches make it possible for any and every child to exercise with their peers in a structured, inclusive, and positive environment.

2. Free Programming

While there might be great opportunities available to be a part of a non school sponsored sports team, activities like this can prove to be a financial hardship for some families. Active SWV's Kids Run Clubs are free for all kids to take part in, making them accessible to a wider reach of youth participants.

Active SWV also provides other free opportunities for people of all ages and abilities to get active, which you can find more information on here. Kids and their families can participate in many of these [free activities](#) taking place in their communities, making regular physical activity a family affair!

3. Teaching Confidence and Know-How

Active SWV's program strives to teach children how to understand and enjoy exercise while emphasizing healthy habits that will stay with them beyond the length of the program. The goal is that kids will learn to feel confident in their athletic abilities by participating in the inclusive and encouraging environment that a Kids Run Club provides.

The clubs also work to abolish the lack of education around the benefits of living a healthy lifestyle by including teachable moments around nutrition, hydration, and muscle movement so that kids gain a broader understanding of what goes into living a healthy life. Also, youth participants are often able to spread confidence in physical activity to

others around them by getting a parent or someone else at home to be active with them.

Overcoming Barriers in the Workplace

Workplace Wellness Tools Help To Increase Physical Activity



The office is where a lot of people spend the majority of their day so incorporating daily habits can really add up to improved health. Here are 3 tips for improving workplace wellness;

1. Post motivational signage at your workstation to inspire yourself and create awareness with co-workers that you value physical activity. Download, print and display our FREE physical activity posters [here](#).
2. Find 30 minutes a day to be up and active. This can be two 15 minute breaks or three 10 minute breaks to walk and stretch.
3. Form a wellness committee to assess, plan, and implement workplace wellness best practices. We can help! Contact our office for more information on the Active SWV [Workplace Wellness program](#).

[Contact](#) our office to learn more about starting a Work Walk at you workplace.

October Community Captain Of The Month

Levi Moore



This month we would like to give you an update on [Community Captain](#) Levi Moore. Levi has faced barriers to becoming physically active that many others come up against in their lives, a medical condition. Levi has gout, a form of arthritis, hence it causes pain and discomfort in the joints. A typical gout attack is characterized by the sudden onset of severe pain, swelling, warmth, and redness of a joint. Determination, social support, proper medical care, and making time for physical activity helped Levi overcome those barriers.

To see what motivated Levi to overcome his barriers check out this [video](#). Since becoming Community Captain he has walked several more double digit walks, the longest being last year at 15.6 miles. He has become a seasonal adventure guide with a local adventure resort and his plans for 2019 are to start solo overnight backpacking. He is on track to walk/hike 1000 miles this year and will most likely shoot for that much or more next year.

Join Levi in overcoming some barriers to physical activity, [October 7th at 2pm at Carnifex Berry Battlefield State Park, part of the Active SWV State Parks Tour.](#)

To read more about Levi's barriers and his story click [here](#).

October Participant Of The Month
Peggy Farrish



Active Southern West Virginia provides free physical activity opportunities to southern West Virginians, led by [Community Captain](#) volunteers. We often cite our Community Captains as the champions of our communities as they are generous with their time, knowledge and skills. We also recognize that our participants play a vital role in maintaining our community of health and support. This month is no exception, with our Participant of the Month, Peggy Farrish. Peggy is a shining example of someone who is overcoming her own barriers to physical activity and also inspiring others along her way.

Peggy has the honor of being one of our most senior participants, at 85 years young! Peggy attends [Active SWV Gentle Chair Yoga and Water Aerobics](#) consistently and claims, "As long as I walk the earth I'll be doing something active." Peggy was born in Minden WV, and raised in Oak Hill, WV where she still resides. Peggy went to Concord College and did graduate work at Marshall University with studies in education and accounting. She taught for 12 years and then moved onto her own business of 40 years in taxes in accounting, still located on Main Street in Oak Hill.

Peggy met her sweetheart Walt at 13 and married him right after college. They had 4 children, including a set of twins, and family has been a priority in her life since the beginning. You can find Peggy at her favorite [Active SWV programs](#) with her daughter Joy, both smiling and laughing. Both Peggy and Joy acknowledge that being active as a family helps them stay motivated. The social aspect of the Active SWV programs has been important to her as well, saying after her water aerobics class, "I have a whole pool full of friends!" Peggy is an asset to us as a participant because she is so welcoming to our other programmers. She said, "In these programs it doesn't matter what you look like or who you are, we want you here. You could be purple and we'd welcome you. Everyone is a friend."

If it weren't for the oxygen roller that Peggy totes with her at classes, you might not know that she faces some barriers to physical activity. Peggy has COPD, Chronic Obstructive Pulmonary Disease. In 2013 she also found out that she had small cell lung cancer, now resolved. She traveled to Duke University Cancer Center and also did 4-week pulmonary exercise programs at Duke's pulmonary center. She said, "All the doctors thought it was fantastic what I was doing with Active SWV" and her doctor at New River Health said, "Keep doing what you are doing."

Peggy's first Active SWV program was the [Gentle Chair Yoga](#). "I've been doing yoga with New River Health [now partnered with Active SWV] for 13 years. I love yoga because you don't have pain. If it starts to hurt you just slow down. It's relaxing and you feel so good when you are done. You are at peace with the earth."

Active SWV also offers [Water Aerobics](#) and Peggy is attending the new class at the Holiday Lodge Hotel indoor pool. This is her new favorite program and told us, "I just love to move in the water, it feels so good. And it's just fine with the oxygen tank and the pool. I just keep it up on the side."

Peggy really embodies the [Active SWV mission](#) of being welcoming to all people. Everyone is invited to attend our [free programs](#) in a safe, friendly and non-judgmental environment. Group exercise offers many benefits including accountability, socialization and support. Peggy truly helps bring these values to the programs she attends. She said, "What makes me the happiest is if I see someone unhappy or lonely I say hello or something nice. If I can make them smile then I've accomplished something."

Join Peggy for her favorite Active SWV programs and many others. View the event calendar [here](#).

Overcoming Barriers on the Trails

Active SWV Bike Walk Offers Safe Group Activities



One of the barriers to southern West Virginians getting out on the trails is the CDC Barrier, "No parks, sidewalks, bicycle trails, or safe and pleasant walking paths convenient to homes and workplaces". Active SWV wants people to enjoy the regional trails as intended. We overcome the barrier of safety by providing [free group trail hikes, walks and rides](#).

Safety is the most important aspect of getting active and staying in an active routine. There are thousands of trail options in southern West Virginia and we want to help you to explore them all safely.

Here are the top 5 ways to stay safe when walking and hiking on trails.

1. Walk with a friend, family member, or with an Active SWV [Community Captain](#). There is safety in numbers.
2. Take your dog or volunteer to walk a shelter dog.
3. Walk without distractions such as head phones, texting, or talking on the phone. There is a function on iPhones to alert 911 by pressing the side button 5 times. Read more [here](#).
4. Tell somewhere where you are going and contact them when you are safety

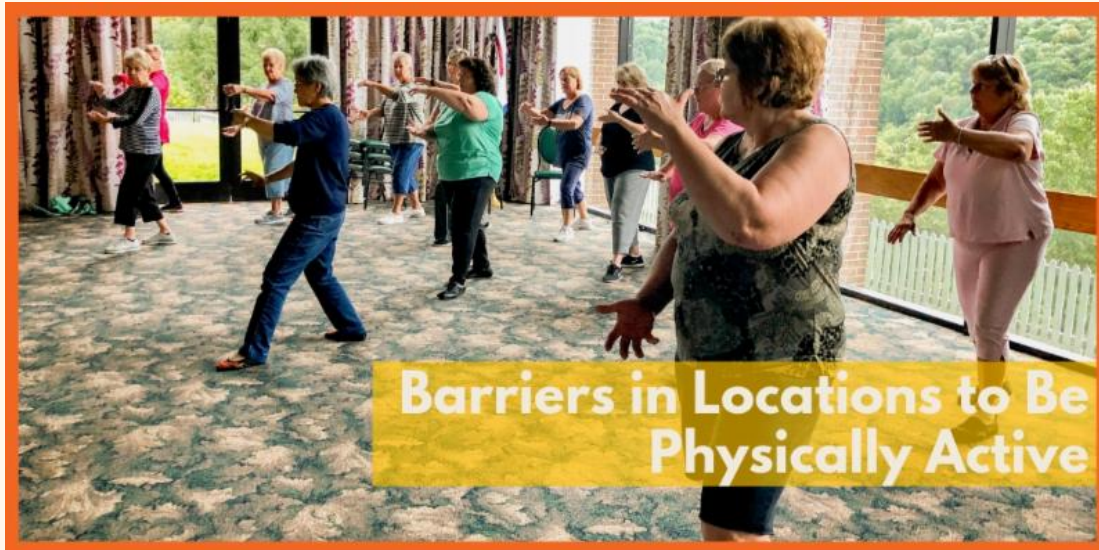
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5. Start your own Active SWV Walking Group at times and locations convenient for you. [Contact](#) our office to learn how to get started.

[Join us](#) for a group rail trail bike/walk in Beckley on October 24th at 7:30!

Southern West Virginia is fortunate to have a wealth of beautiful and easy to difficult trails. You can view trail maps and resources [here](#).

Spaces For Indoor Programming **Do You Have A Place For Your Community To Be Active?**



One of the barriers that southern West Virginians face for physical activity is a lack of places to exercise that are close or convenient to their homes. Active SWV has addressed this problem by providing a variety of programs in diverse locations including rural areas that might not have gyms, recreation centers, parks or trails. Indoor programming is especially important as it accommodates a larger population of people and reduces cancellations due to weather. Indoor programming space is made possible through partners donating indoor spaces used for our weekly and monthly [Community Captain](#) programs. These partners share our mission of bringing free physical activity opportunities to their communities.

Do you have an indoor space that could be used for physical activity? Examples of spaces we have used include conference rooms, churches, event halls, gyms, indoor pools and indoor courts. Active SWV trains Community Captains in the responsible use of donated space and also carries insurance to cover business and individual liability. As the colder season approaches it is important that we continue to partner with donors for indoor space. If you would like to be a hometown hero and donate indoor space please [contact](#) us today!

Active SWV Bridge Day 5K Youth Essay Contest
Deadlines For The Essay Contest And Bridge Day 5K Registration
Are Coming Up!



The Active SWV Bridge Day 5K [Youth Essay Contest](#) is an opportunity for kids to win free entry into [Active SWV's Bridge Day 5K](#)! There will be four youth winners, with each winner receiving 2 free entries to this event.

Youth Essay Contest Rules and Requirements:

Youth under the age of 18 may submit a 250 word maximum essay to be eligible to win two free entries into the ActiveSWV Bridge Day 5K 2018. Essays should answer two questions:

1. What motivates you to be physically active?
2. Why do you want to participate in the Bridge Day 5k?

Essays will be selected based on the following criteria:

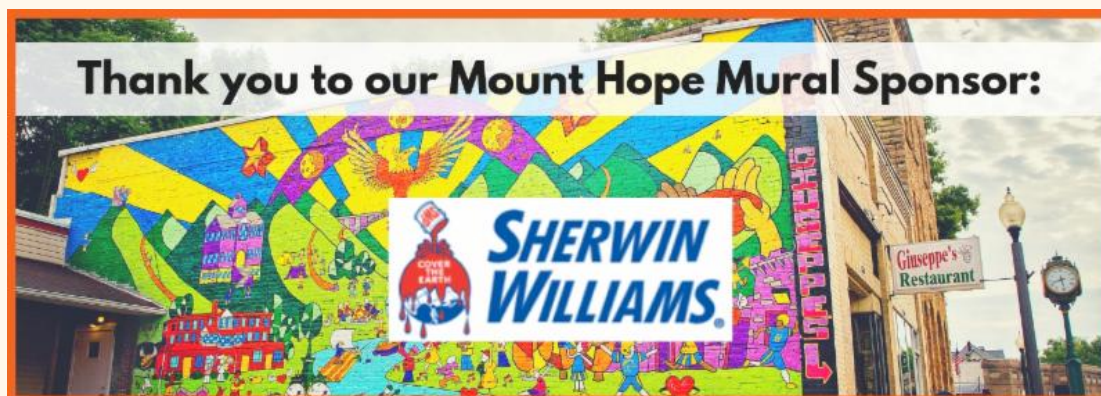
- Addresses barriers and challenges to staying active
- Highlights the importance of physical activity programs in the community

Essays should be submitted, along with 3 active photos, to info@activeswv.com with subject line "Essay Contest; ActiveSWV Bridge Day 5K." Written essays can be mailed to: ActiveSWV 116 North Heber Street Suite B Beckley WV 25801.

Deadline: Essays should be emailed or postmarked by October 13th and winners will be announced as they are received. Four winners will be selected. Each winner will receive 2 free entries, allowing a friend or family member to join the winner in the race!

For more information on the essay contest please click [here](#).

To register for the Active SWV Bridge Day 5 K please click [here](#).



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