

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](#)

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

# ACTIVE SEPTEMBER PROGRAMS

SOUTHERN WEST VIRGINIA

**FREE**

Free Weekly Programs	Date / Time	Location
Beckley Refit Dance <b>Aerobics</b>	Mon/Tues/Thurs 6pm	Central Headstart
Maxwell Hill Refit Dance <b>Aerobics</b>	Wednesdays 8:30-9:30am	Maxwell Hill Community Center
Prosperity Refit Dance <b>Aerobics</b>	Saturdays 9:30-10:30am	Faith Baptist Church
Fayetteville <b>Pickleball</b>	Tues & Thurs 8:30am	Memorial Building
Beckwith <b>Walking</b> in the Park	Wednesdays 10am	Fayette County Park
Scarbro Gentle <b>Yoga</b>	Tues (Except 3rd Tue of Month) 5:30pm	NRH Robinson Annex
Richwood <b>Walking</b> Group	Mon/Tues/Thurs 5pm	Pratt Park
Naoma <b>Walking</b> Group	Tues/Thurs at 9am	Marsh Fork Alumni Park
Victor <b>Walk</b> With Ease	Saturdays 8:30am	Restlawn Cemetery
Pool Water <b>Aerobics</b>	Tues/Thurs at 10am	Hawks Nest State Park & Holiday Lodge Hotel
Ansted <b>Tai Chi</b>	Tuesdays for 6 weeks starting 9/11	Hawks Nest State Park
Richwood Tri River <b>Trail Work</b>	Saturday Sept. 8th 9am	Water Stone Outdoors
New River Humane Society <b>Dog Walking</b>	September 1st & 15th 11am-12:30pm	New River Humane Society in Beckwith
Kanawha Falls Festival <b>Stand Up Paddle Board</b> Lessons	September 15th, 3-6pm	Kanawha Falls Festival
Well I'll Bee Active <b>Senior Fitness</b> Day	September 29th, 10-2pm	Memorial Baptist Church Beckley
Summersville Long Point <b>Hike</b>	September 13th at 5pm	Long Point Trail
<b>Walk and Learn:</b> Being active with respiratory conditions	Sept 25th at 5:30pm	Lively Amphitheater Oak Hill
Mt. Nebo Meadow River <b>Hike</b>	Sunday Sept. 16th, 5:30pm	Meadow River Rail Trail
<b>Get Active In The Park</b> Partnership with the New River Gorge National River <i>(Reservations required for Get Active in the Park programs only: getactiveinthepark@gmail.com)</i>		
River <b>Water Aerobics</b>	September 4th, 6pm	Stone Cliff
Group <b>Bike Ride</b>	September 8th, 2pm	Rend Trail
Intro to <b>Rock Climbing</b>	September 10th, 5pm	Canyon Rim Visitor Center
Evening <b>Bike Ride</b>	September 10th, 5:30pm	Rend Trail
Refit <b>Dance Aerobics</b>	September 15th, 10am	Grandview
Endless Wall <b>Hike</b>	September 22nd, 5:30pm	Endless Wall Trail
<b>Yo Chi</b> Yoga/Tai Chi Blend	September 22nd, 10am	Grandview
Harvest Moon <b>Hike</b>	September 24th, 8pm	Burnwood
<b>State Park Tour</b> <i>(Visit facebook.com/activeswv and join our group)</i>		
Babcock State Park <b>Hike</b>	Sunday September 2nd	Babcock State Park



**Thank you to our sponsors:**




Please visit our event pages before programs for updates, descriptions, cancellations and locations:  
[activeswv.org/events](http://activeswv.org/events)  
**304-254-8488**  
[www.facebook.com/pg/ActiveSWV/events](http://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 8-30-18

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

**Active SWV Walking Groups are Ramping Up this Fall**  
**Walking Groups Provide Greater Opportunities For Growth**

# ACTIVE

SOUTHERN WEST VIRGINIA

## WALKING GROUPS

Explore Learn Lead

**Explore, Learn, Lead.** While walking is commonplace, Active SWV Walking Groups are striving to set it apart. With the mission to explore, learn and lead we are hoping to inspire people to walk more through leadership, education and accountability.

*This September:*

**Explore:** Join Active SWV for a Community Captain guided hike to Long Point at Summersville Lake on Thursday, September 13th at 5pm. View this and all free programming at our [events calendar](#).

**Learn:** Join Registered Respiratory Therapist Lisa Emery for an education presentation on being active with respiratory conditions. Learn how to manage youth asthma, COPD (Chronic Obstructive Pulmonary Disease), and other breathing issues while being active.

Meet at the Oak Hill City Park for a 20 minute presentation and then a group walk on the White Oak Rail Trail on Sept 25th at 5:30pm.

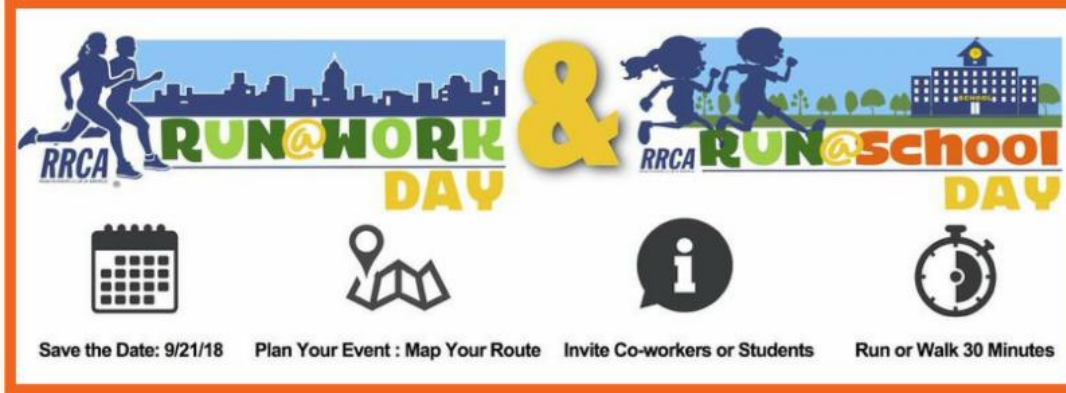
**Lead:** Can you lead your hometown to greater health through leading a Walking Group? Learn more about becoming a walking group Community Captain in your area with Active Southern West Virginia [here](#).

Please join one of our Active SWV Walking Groups that meet regularly all over the region:

- Beckwith - Wednesdays at 10am at the Fayette County Park
- Richwood - Mon/Tues/Thurs at 5pm at Pratt Park
- Naoma - Tues/Thurs at 9am at Marsh Fork Alumni Park
- Victor - Saturdays at 8:30am at Restlawn Cemetery

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**Walk@Work & Walk@School in September**  
**A National Day of Activity**



September 21st is the day to get active! The Road Runners Club of America (RRCA) is presenting their 13th annual Run@Work Day, and their 7th annual Run@School Day. Whether you run or you walk, the goal is to get moving for 30 minutes whenever you can fit it in - before school/work, during lunch, or after school/work. Join others in this nationwide movement to promote living a healthy lifestyle! Active SWV is all about walking this September so we challenge you and your group/business/organization to walk or run this September 21st. Find out more information about this nationwide effort [here](#).

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## **Welcome India Krawczyk** **AmeriCorps VISTA to Assist Active SWV Kids Run Program**



Serving as the Development and Outreach AmeriCorps VISTA, India Krawczyk has started her one year of service with Active SWV to assist with program development. India will be facilitating volunteer coaches needs with the fall Active SWV [Kids Run Club](#) program. Elementary schools across the area will begin the before or after school program in the coming weeks. The Active SWV Kids Run Club program is customized to each school group and held over 6-8 weeks teaching healthy lifestyle skills and building confidence in physical activity. If you would like to learn more about having a club at your school, please contact [India@activeswv.com](mailto:India@activeswv.com).

Read more about India [here](#).

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## KVC Health Systems Workplace Wellness Program A Partnership with Active Southern West Virginia



Active SWV has been working with KVC Health Systems in Beckley to implement a [Workplace Wellness](#) program. One of the chosen action items is to have a staff walk or hike once a month. In May the group hiked the Fayette County Long Point trail and in August they explored the trails in the Piney Creek Gorge accessed from the YMCA Soccer Complex.

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



Active SWV is pleased to highlight Pat Gagan as Community Captain of the month. Pat recently moved to the area and has been very active in the outdoors all of his life. When he moved here he was struck by the natural beauty and opportunities to be physically active in the outdoors. Pat says he "loves what being active can do for your life".

Pat loves to see people get outside and be active so he joined Active SWV's Community Captain team. He says, "Fitness is fun and not everyone knows that". He

wants to help instill this value in the younger generations to carry with them throughout their lives. Pat also says "You don't have to run a marathon, you can just take a stroll, fitness can be fun if you just give it a try."

You can get out for some of that good fun exercise with Pat and Active Southern West Virginia on two different bike rides in September. Pat is leading both [programs](#) on the Rend Trail on September 8th at 2pm and the 10th at 5:30pm.

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Meet Jack and Jacki Wright, Participants of the Month for September. Jack and Jacki moved to the area two years ago and have participated in many Active SWV hikes and SUP programs. When they first moved to the area they wanted to get into hiking, but were unfamiliar with the trails. It was this reason they decided to join an Active SWV guided hike. Jacki said it was a "great way to meet people and learn what other people in the area do".

They were impressed by the knowledge and welcome they received from the Community Captains, and learned some fun facts about the history of mining in our area. Jacki said it was more than getting from point A to B on the hike, there was a social aspect that she liked. She enjoys the journey for the beauty in nature and says "I am the type of person that wants to stop and photograph the cool mushroom I just passed."

The two of them are excited about the opportunity to try other programs such as Tai Chi and Refit, and are amazed at all the free programs offered by Active SWV to be healthy.

View the event calendar [here](#).

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**Fayetteville, WV Receives an Honorable Mention from  
The League of American Bicyclists  
Safety, Community Awareness and Cycling Accessibility**



In the spring of 2018 the town of Fayetteville, WV received an Honorable Mention from the [League of American Bicyclists](#). The Honorable Mention is given to communities who have worked to initiate projects to improve their cyclists' safety, community awareness and cycling accessibility. The Honorable Mention also provided priorities for Fayetteville to focus its efforts on to assure future designation as an official Bicycle Friendly Community.

Active Southern West Virginia's Pedestrian, Bike and Trail Coordinator, Andy Davis, initiated this effort in Fayetteville to partner with relevant and interested parties to make the community more accommodating for bicyclists and pedestrians. The goals of this partnership are in line with the mission of Active Southern West Virginia, to create more opportunities to be physically active for the residents of Fayetteville.

These projects will also align with the goals of the New River Gorge Trail alliance to grow the economy of Fayetteville by attracting visitors to the region and strengthening outdoor tourism. Please read more about the Honorable Mention and the Active SWV Bike/Walk initiatives [here](#).

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## **Active Southern West Virginia Bike/Walk Trail Resources** **Motivate to Walk More With a New Trail This Fall**





As a resource to you, current participants, Community Captains, and our partners, the [linked information](#) has been collected to help you discover all the trails in our region. Enjoy the outdoors through our Community Captain led programs or on your own with family and friends. Information is divided by Nicholas County, Fayette County, Raleigh County and Summers County.

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**The Active SWV Bridge Day 5K is Next Month!**

**Register Today at:**

**<https://activeswv.org/bridgeday5k>**



**ACTIVE BRIDGE DAY 5K**  
SOUTHERN WEST VIRGINIA  
**Newsletter Discount**

- \$5 discount, expires 9/30/18
- Use code: NEWSLETTER09

**Thank you to our Bridge Day 5K Sponsors:**



If you are interested in becoming a sponsor for Active SWV events or donating to the Annual Fund please click [here](#).

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**Take Our Survey!**

**Please Take a Few Moments to Provide Valuable Feedback.**



## **We want to hear from you!**

Have you participated in an Active SWV program in 2018? We would love to hear from you. Your survey answers will help to measure the program impacts to improve services and increase resources for Active SWV volunteers. Complete the survey now! It only take 6 minutes.



STAY CONNECTED:

