



ACTIV 
SOUTHERN WEST VIRGINIA

STRIVING TO MAKE SOUTHERN
WEST VIRGINIA A MODEL OF HEALTH,
WELLNESS, AND ACTIVE LIVING

Try This WV Conference 2018

Community Captains

LEADING OTHERS TO HEALTHIER AND ACTIVE LIFESTYLES

Removing barriers that prevent people in our community from being active by providing free physical activity programming.



Kids Run Clubs

EMPOWERING YOUTH TO BE PHYSICALLY ACTIVE

Free programming instills enjoyment and understanding of exercise, while learning healthy habits for life.

Workplace Wellness

HEALTH AND WELLBEING IN THE WORKPLACE

Free resources are available for implementing simple, inexpensive, and long-term Workplace Wellness initiatives.



Active SWV Bike/Walk

CONNECTING PEOPLE TO PLACES

An initiative committed to improving infrastructure for walking, hiking and biking by advocating for safety and a network of trails.



Active SWV
Signature Programs

activeswv.org

info@activeswv.com

304-254-8488



The Active Southern West Virginia Workplace Wellness posters feature evidence based motivational images and phrases designed to increase public awareness.

WV Physical Activity Plan

Priority Area Two: public awareness and social marketing within business and industry.

To promote public awareness and social marketing, our goal is to involve business and industry leaders in physical activity awareness campaigns by developing messaging and prompts for employers to promote physical activity in the workplace – businesses, schools, and communities.

The West Virginia Physical Activity Plan provides a road map for different sectors to provoke active living and is divided into five Priority Areas.





The seven poster categories:
Stairwell, elevator, parking, motivational, walking/burning
calories, meeting agenda, and physical activity.



**HAVE YOU
BEEN
PHYSICALLY
ACTIVE
TODAY?**

#beActiveWV

ACTIVE
SOUTHERN WEST VIRGINIA

beActive.

WEST VIRGINIA
Department of
**Health & Human
Resources**
BUREAU FOR PUBLIC HEALTH
Division of Health Promotion
and Chronic Disease

TRY THIS
west virginia
Building Blocks for
Healthy Communities

For more information,
visit wvphysicalactivity.org

General Post Option 3: Motivate your crew by downloading free Physical Activity Posters today. Active Southern West Virginia's evidence based motivational posters are designed to promote Workplace Wellness.
#beactivewv #activeswv #trythiswv

Tracking and Reporting Form

Business/School/Organization: _____

Number of employees: _____

Person of contact: _____

Phone number and email: _____

Poster categories: 1) stairwell, 2) elevator, 3) parking, 4) motivational, 5) walking/burning calories, 6) meeting addenda, and 7) physical activity.

Describe where the posters where placed.

How were announcements made to the staff?

Challenges

Successes

How was the process of displaying the posters? Easy Some confusion Needs more instruction

Any suggestions for the process?

Did you notice any behavior change because of the posters? Yes No Not sure

Did anyone ask or talk about the posters? Yes No Not sure

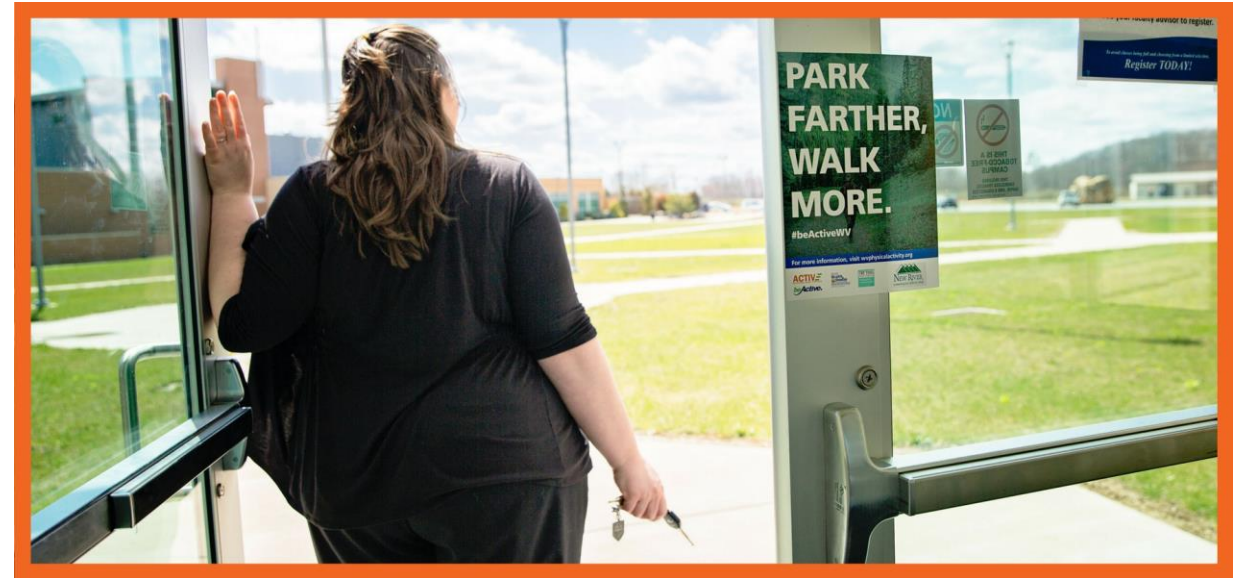
What comments were made?

Will you continue to use the posters? Yes No Undecided

Did the posters improve your Workplace Wellness program? Yes Not really Unsure

Activeswv.org Programs Workplace Wellness Physical Activity Posters

Download, print, display, report instructions



Be part of the social media campaign.

General overview posts to work with any poster photo provided for downloading.

Example: Active Southern West Virginia has created these evidence based Physical Activity Posters to promote Workplace Wellness. They are available to share by clicking this link, <https://activeswv.org/wp-content/uploads/posters/>. Get your posters today!
#beactivewv #activeswv #trythiswv