



Move Alabama  
 Get Active Alabama  
 Get Moving Alabama  
 Alabama on the Move



Every day, every Australian, physically active





**ATIVIDADE FÍSICA FAZ BEM  
PARA QUALQUER IDADE:**

acumule pelo menos 30 minutos todos os dias

# Physical activity does well at any age



Accumulating at least 30 minutes every day



Be Wild. Be Wonderful.

# beActive.

WEST VIRGINIA PHYSICAL ACTIVITY PLAN

**PARTNER**



# West Virginia on the move™









Be Wild. Be Wonderful.

# beActive.

WEST VIRGINIA PHYSICAL ACTIVITY PLAN

- Health Care
- Public Health
- Education
- Business & Industry
- Mass Media
- Parks, Recreation, Fitness & Sports
- Transportation & Land Use
- Volunteer & Non-Profit



ActiveWV 2015  
click to read

- PA Plan Home
- WV PAP Overview
- Sectors
- PAP Leadership
- WVPAP Partners
- Plan Development
- Plan Implementation
- National PA Plan
- Recognitions, Publications and Presentations
- Professional Development
- Sponsors
- Contact Us



Let's Move WV to the top!

**Let's Move Active Schools**

**100% PARTICIPATION**  
1st in the U.S.

### About the WV PA Plan

We all want a healthier West Virginia! We want to provide opportunities throughout our state to improve the health of our citizens. We want to promote healthy living where everyone lives, works and plays. We want to reduce healthcare costs, promote economic development and enhance West Virginians' quality of life.

[Read More](#)



**In The News**

- f
- Act Pa
- SIGN U
- Let's Move West
- click h

- Send us
- !

# WEST VIRGINIA PHYSICAL ACTIVITY PLAN

[Health Care](#) | 
 [Public Health](#) | 
 [Education](#) | 
 [Business & Industry](#) | 
 [Mass Media](#) | 
 [Parks, Recreation, Fitness & Sports](#) | 
 [Transportation & Land Use](#) | 
 [Volunteer & Non-Profit](#)



ActiveWV 2015  
[click to read](#)

Learn more about



[Click Here](#)

# Let's Move. Active Schools

- [PA Plan Home](#)
- [WV PAP Overview](#)
- [Sectors](#)
- [PAP Leadership](#)
- [WVPAP Partners](#)
- [Plan Development](#)
- [Plan Implementation](#)
- [National PA Plan](#)
- [Recognitions, Publications and Presentations](#)
- [Professional Development](#)
- [Sponsors](#)
- [Contact Us](#)

The National Initiative to help increase physical activity opportunities during the school day!

WV Schools Participating  
**201**

The information on this map is provided by the Let's Move Active Schools national initiative. We receive our updates every 2 weeks. Please allow up to 2 weeks after you submit your information to the national site for it to appear on our map. Thanks!



Act Pa  
SIGN U

Let's Move. West

click h

Send us

GET INVOLVED!

F F



# ACTIVEWV

## WEST VIRGINIA PHYSICAL ACTIVITY PLAN

[Health Care](#)
[Public Health](#)
[Education](#)
[Business & Industry](#)
[Mass Media](#)
[Parks, Recreation, Fitness & Sports](#)
[Transportation & Land Use](#)
[Volunteer & Non-Profit](#)


**ActiveWV 2015**  
click to read

[PA Plan Home](#)
[WV PAP Overview](#)
[Sectors](#)
[PAP Leadership](#)
[WVPAP Partners](#)
[Plan Development](#)
[Plan Implementation](#)
[National PA Plan](#)
[Recognitions, Publications and Presentations](#)
[Professional Development](#)
[Sponsors](#)
[Contact Us](#)


**ActiveWV:2015  
Launch Day**



## ActiveWV Partners

**ActiveWV 2015: The WV Physical Activity Plan is partnering with state and local organizations, agencies, businesses, and non-profits to work together to promote physical activity throughout the state of West Virginia. ActiveWV Partners strive to promote physical activity and healthy living as part of their mission/goals, and support ActiveWV and the comprehensive state Physical Activity Plan in their organizations, sectors, communities, and beyond.**

### ActiveWV Partners will:

- Foster Plan implementation and dissemination through their organization
- Promote the Plan within organization, sector, state/community through such means as Hosting an ActiveWV event
- Displaying the ActiveWV logo on materials, website, etc
- Supporting programs promoting physical activity
- Providing resources for Plan implementation and dissemination
- Designate a representative from their organization to work with the central ActiveWV Team (i.e. Sector Teams)

ActiveWV Partners will be highlighted on the ActiveWV website (and linked to organization's website), in presentations and other forms of public promotion of the Plan, and at statewide events hosted by ActiveWV. Partners may post their upcoming events on the ActiveWV website, and be represented on a WV Physical Activity Plan Sector Team.

**Become an ActiveWV Partners TODAY!** Please complete the form below, and submit. You will receive a copy of the ActiveWV logo and branding guidelines, messages and templates to use in social media, newsletters, press releases, etc, and other communication tools that may be helpful to you within your own organizations to help spread the word.

If you would like to become a partner with ActiveWV, please click the link below to submit an interest form. Thank you!



**Become an  
ActiveWV  
Partner!**



ActiveWV 2015  
click to read

- [PA Plan Home](#)
- [WV PAP Overview](#)
- [Sectors](#)
- [PAP Leadership](#)
- [WVPAP Partners](#)
- [Plan Development](#)
- [Plan Implementation](#)
- [National PA Plan](#)
- [Recognitions, Publications and Presentations](#)
- [Professional Development](#)
- [Sponsors](#)
- [Contact Us](#)



2010 Symposium Site



## Become an ActiveWV Partner

Use this form to submit your request to become and ActiveWV Implementation Partner.

**Organization Name \***

**President / CEO / Chair \***  
   
 First Last

**Address \***  
  
 Street Address  
  
 Address Line 2  
   
 City State / Province / Region  
   
 Postal / Zip Code Country / Region

**Phone \***  
 -  -   
 ### ### ####

**Web Site**

**Sector \***

**ActiveWV Contact Person \***  
   
 First Last

**Email \***

**Phone \***  
 -  -   
 ### ### ####

Act Pa  
SIGN U

Let's Move West  
click h

Send us

GET INVOLVED!

F R

[National PA Plan](#)
[Recognitions, Publications and Presentations](#)
[Professional Development](#)
[Sponsors](#)
[Contact Us](#)


ActiveWV:2015  
Launch Day



2010 Symposium Site



[Executive Summary](#)



[WV PA Plan - Full](#)



[Sector Fact Sheets](#)

## About the WV PA Plan

We all want a healthier West Virginia! We want to provide opportunities throughout our state to improve the health of our citizens. We want to promote healthy living where everyone lives, works and plays. We want to reduce healthcare costs, promote economic development and enhance West Virginians' quality of life.

[Read More](#)



## In The News

### WELLWVU holds 'Try-It' event on Friday

09/07/14 6:00 pm

WELLWVU is encouraging students to get outdoors on Friday (Sept. 5) and try something new at West Virginia University's "Try-It" event. The event, held from 3-7 p.m. at Hazel Ruby-McQuain Riverfront Park, will feature a variety of activities for students to experience.

### Sitting Is Killing You

09/07/14 6:00 pm

You've already heard that sitting is the new smoking. Now, scientists reveal exactly how it hurts the body—and novel ways to undo the damage (without clocking hours at the gym). You might want to stand up for this.

### Fitting in fitness: Finding time for physical activity

09/07/14 6:00 pm

You know fitness is important for your health and well-being. And you want to get more active, but your days are a blur of work, household chores, errands, and time with family and friends. Setting aside enough time to sleep — let alone exercise — can be tough.

### Everyday Ideas to Move More

09/07/14 6:00 pm

Help your family move more each day and have fun with it. Think about what your family can do to be active together. Here are some ideas.

### Walking a mile each day 'cuts cancer death risk by half': Physical activity described as 'wonder drug' for breast and prostate patients

09/07/14 6:00 pm

Cancer patients can cut their risk of dying by up to half — simply by walking just one mile a day, according to experts.

### Go Outside and Play in Wild Wonderful WV

08/12/14 6:00 pm

The WV Division of Tourism recently kicked off it's new campaign: "Go Outside and Play: Wild Wonderful Wednesdays." The campaign challenges West Virginians to "Go Outside and Play" and targets specific activities from outdoor recreation to culture to history.



National Physical Activity Plan

[Newsletter Archives](#)



# Be Wild. Be Wonderful.

# beActive.

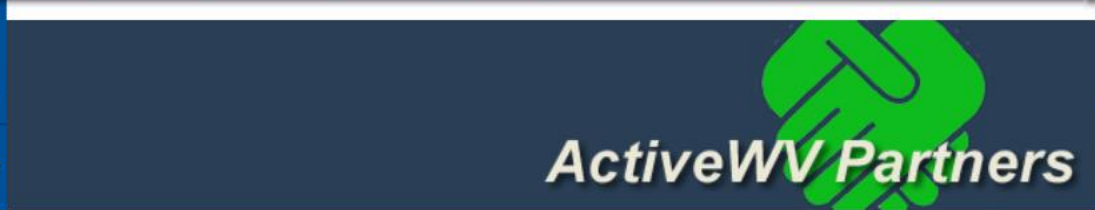
WEST VIRGINIA PHYSICAL ACTIVITY PLAN

- Health Care
- Public Health
- Education
- Business & Industry
- Mass Media
- Parks, Recreation, Fitness & Sports
- Transportation & Land Use
- Volunteer & Non-Profit



ActiveWV 2015  
*click to read*

- PA Plan Home
- WV PAP Overview
- Sectors ▶
- PAP Leadership
- WVPAP Partners
- Plan Development
- Plan Implementation
- National PA Plan
- Recognitions, Publications and Presentations
- Professional Development
- Sponsors
- Contact Us



## ActiveWV Partners

Thank you to our supporting partners. Would you like to be a supporting partner? Click the sign up link to the right to submit your info.

**West Virginia Department of Education**  
[wvde.state.wv.us](http://wvde.state.wv.us)

**West Virginia State Parks & Forests**  
[www.wvstateparks.com](http://www.wvstateparks.com)

**West Virginia State Medical Association**  
[www.wvsma.com](http://www.wvsma.com)

**Live Well West Virginia**  
[www.livewellwv.ext.wvu.edu](http://www.livewellwv.ext.wvu.edu)

**West Virginia on the Move**  
[www.wvonthemove.net](http://www.wvonthemove.net)

**YMCA of Kanawha Valley**  
[www.ymcawv.org](http://www.ymcawv.org)

**American Cancer Society**



Become a partner today and get access to the official WVPAP graphic files

f

Act Pa

**SIGN U**

Let's Move. West

click h

Send us

!



# Be Wild. Be Wonderful. **beActive.** WEST VIRGINIA PHYSICAL ACTIVITY PLAN

- Health Care
- Public Health
- Education
- Business & Industry
- Mass Media
- Parks, Recreation, Fitness & Sports
- Transportation & Land Use
- Volunteer & Non-Profit

 **ActiveWV 2015**  
click to read

- PA Plan Home
- WV PAP Overview
- Sectors ▶
- PAP Leadership
- WVPAP Partners
- Plan Development
- Plan Implementation
- National PA Plan
- Recognitions, Publications and Presentations
- Professional Development
- Sponsors
- Contact Us

## Physical Activity Plan Sponsors

### Support Provided by:

- *WVU College of Physical Activity and Sport Sciences*
- *- Al and Delores Ware, The Ware Family Foundation*
- *WV on the Move, Inc.*
- *WV CARDIAC Project*
- *Claude Worthington Benedum Foundation*
- *WVU Service Grant*
- *Members of the WV Physical Activity Plan Coordinating Committee*
- *Sponsors and Contributors of the WV PA Symposium*
- *Members of the WV Physical Activity Symposium Organizing Committee*



Act Pa  
SIGN U

Let's Move.  
West

click h

Send us



# Be Wild. Be Wonderful.

# beActive.

WEST VIRGINIA PHYSICAL ACTIVITY PLAN

- Health Care
- Public Health
- Education
- Business & Industry
- Mass Media
- Parks, Recreation, Fitness & Sports
- Transportation & Land Use
- Volunteer & Non-Profit



- PA Plan Home
- WV PAP Overview
- Sectors
- PAP Leadership
- WVPAP Partners
- Plan Development
- Plan Implementation
- National PA Plan
- Recognitions, Publications and Presentations
- Professional Development
- Sponsors
- Contact Us

## Physical Activity Plan Leadership

### Coordinating Committee

- Eloise Elliott, PhD
- Christiaan Abildso, PhD
- Cindy Boggs
- Sean Bulger, Ed.D
- Ron Eck, PhD
- Sean Fitzpatrick, MS
- Shannon Holland, MS
- Dina Jones PT, PhD
- Emily Jones, PhD
- Pat Kelly, MD
- Emily Murphy, PhD
- Bill Neal, MD
- Melissa Olfert, DrPH, MS, RD, LD
- Nancy OHara Tompkins, PhD
- Matt Young

- WVU College of Physical Activity & Sport Sciences
- WVU College of Physical Activity & Sport Sciences
- YMCA of Kanawha Valley
- WVU College of Physical Activity & Sport Sciences
- WVU Professor Emeritus
- WVU College of Physical Activity & Sport Sciences
- West Virginia on the Move
- WVU Health Sciences Center, Dept. of Orthopaedics
- WVU School of Physical Activity & Sport Sciences
- Marshall University School of Medicine
- WVU Extension Services
- WVU Health Sciences Center
- WVU Davis College of Agriculture, Nat. Res & Des.
- WVU Health Sciences Center
- WV Run Coach

## Physical Activity Plan Leadership

### Sector Teams & Leaders

\*Team Leaders

### Education

Melanie Purkey, ED, WVDOE, Office of Healthy Schools



Act Pa

SIGN U

Let's Move. West

click h

Send us

!



ActiveWV:2015  
Launch Day



2010 Symposium Site



Executive Summary



WV PA Plan - Full



Sector Fact Sheets

Melanie Purkey, ED, WVDOE, Office of Healthy Schools  
Lynn Housner, President, WVAHPERD

Randy Bryner, WVU SOM, Exercise Physiology  
Sue Childers, Wood County Schools  
Ann Chester, WVU, HSTA  
Electa Crowder, RESA 3  
Barbara Fish, WV Board of Education  
Clinton Giles, Kanawha County Schools  
Cheri Hall, Pocahontas County Schools  
Darlene Koerber, Wirt County Schools  
Adrienne Marsh, RESA 7  
Karen Northrup, Wood County Schools  
Mary Weikle, WVDE, Office of Healthy Schools

## Health Care

Ted Cheatham, CEO, PEIA  
Jamie Jeffrey, MD, Project KEYS  
Louise Reese, WV Primary Care Association

Mary Boyd, American Academy of Pediatrics - WV  
MaryAnn Cater, WV State Medical Association  
Jill Cochran, WV School of Osteopathic Medicine  
Pam Deiriggi, WVU School of Nursing  
Eric Shaw, WVPT Association

## Public Health

Joe Barker, BPH, Director, Office of Community Health Systems and Health Promotion  
Rahul Gupta, MD, Health Officer, Kanawha Charleston Health Dept

Tammy Calvert, Healthways  
Stephen Frame, WV BPH - Office of Healthy Lifestyles  
Dick Wittberg, Mid Ohio Valley Health Department

## Business / Industry

Gene Canter, Coventry Health Care  
Kelli Frampton, Wellness Council of WV  
Paul Gilmer, Triana Energy  
Scott McClanahan, Community Liaison  
Kelly Sadd, Energy Corp of America  
Rob Tuell, beBetter Health

## Non-Profit / Volunteer

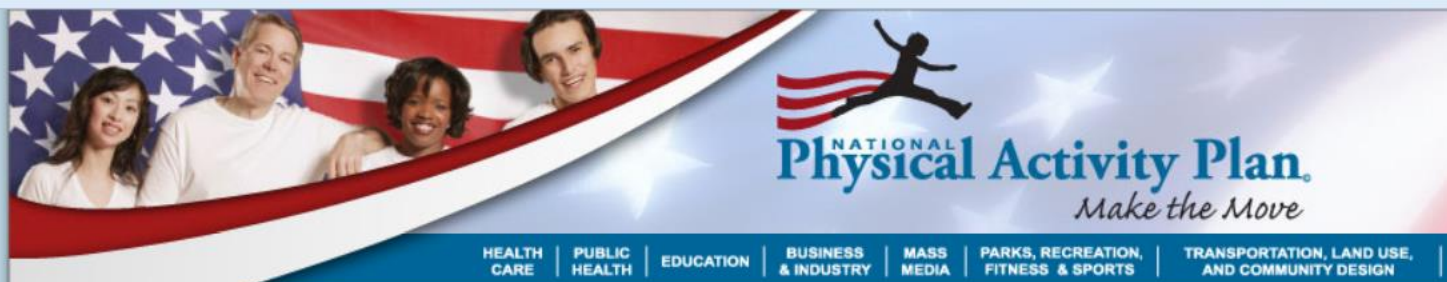
Amanda Curry, Regional Manager / VP City National Bank, Generation WV



**Table 1. Key Physical Activity Interventions & Activities of the MOV CPPW Initiative**

Interventions/Activities	Target Age Group
<b>Community</b>	
<p><b>Step by Step Challenge:</b> A community-wide program sponsored by the MOV Health Department challenged residents to walk and track their steps. 1300 people participated in the program with approximately 54% completing the challenge. The step by step challenge resulted in internal employee policy change at various employers including West Virginia University at Parkersburg. Several schools and organizations have expressed an interest in continuing this program into the future.</p>	Adults
<p><b>Trail Inventory:</b> The MOVHD hired a contractor to document all trails in the six-county region (existing or under development). A trail report was compiled for each county with following information provided for each trail: 1) type (ex: park, place, rail trail, etc), 2) location (city/county), 3) description (paved/limestone, pedestrian/biking, approximate length, loop/straight line, elevations, benches, shading, open to the public or not, additional amenities (fitness stations), 4) permitted activities on the trail, 5) hours open, and 6) signage information. This information is being used to identify trail signage needs, to plan for new trails, and to determine how to connecting existing trails.</p>	Adults and Children
<p><b>Signage for Trails:</b> To increase awareness and promote the use of trails, signs will be installed for a select number of trails in each MOV county. Signs include trail names, distance information, and trail maps.</p>	Adults and Children
<p><b>Improving the Physical Activity Environment Through Mini-grants:</b> County coordinators worked with local coalitions and the MOV Health Department to identify needs in their communities. Throughout the CPPW period, counties have been awarded funds to improve the physical activity environment by: 1) improving trails, 2) installing fitness equipment on trails, and 3) installing new and improved playground equipment for youth.</p>	Adults and Children
<p><b>Paid Media Advertisements – “No Place to Play”:</b> As part of the CPPW initiative, a series of advertisements were run to encourage community residents to consider the “real threats” to children’s health. One ad was designed to indicate not having adequate spaces for safe play was a “real threat.”</p>	Adults



[HOME](#)[THE PLAN](#)[ABOUT US](#)[GET INVOLVED](#)[EVALUATION](#)[PUBLICATIONS](#)[BOARD OF DIRECTORS](#)[SECTOR ADVISORY PANELS](#)[COMMITTEES](#)[PARTNERS](#)[STATE LIAISONS](#)[HISTORY OF THE PLAN](#)[CONTACT US](#)[FAQ](#)

Newsletter Archive



SHARE

## The Plan

The National Physical Activity Plan has a vision: One day, all Americans will be physically active and they will live, work, and play in environments that facilitate regular physical activity.

The Plan is a comprehensive set of policies, programs, and initiatives that aim to increase physical activity in all segments of the American population. The Plan is the product of a private-public sector collaborative. Hundreds of organizations are working together to change our communities in ways that will enable every American to be sufficiently physically active. The plan is ultimately guided by the [Board of Directors](#) for the [National Physical Activity Plan Alliance](#), a 501c3 nonprofit organization.

The Plan aims to create a national culture that supports physically active lifestyles. Its ultimate purpose is to improve health, prevent disease and disability, and enhance quality of life.

The National Physical Activity Plan is comprised of recommendations that are organized in eight societal sectors:

- [Business and Industry](#)
- [Education](#)
- [Health Care](#)
- [Mass Media](#)
- [Parks, Recreation, Fitness and Sports](#)
- [Public Health](#)
- [Transportation, Land Use, and Community Design](#)
- [Volunteer and Non-Profit](#)

Each sector presents strategies aimed at promoting physical activity. Each strategy also outlines specific t that communities, organizations and agencies, and individuals can use to address the strategy. Recognizing some strategies encompass multiple sectors, the Plan also has several [overarching strategies](#).



[Download the Plan](#)

ABOUT ACSM

JOIN ACSM

ATTEND A MEETING

FIND CONTINUING EDUCATION

CERTIFICATION

ACCESS PUBLIC INF

# ACCESS PUBLIC INFORMATION

## BROCHURES & FACT SHEETS



- ACSM's Sports Performance Center
- Search By Topic
- Position Stands
- Team Physician Consensus Conference Statements
- Roundtables
- ACSM Journals
- Books & Multimedia
- Physical Activity 360
- Brochures & Fact Sheets
  - Brochures
  - Fact Sheets
- Newsletters
- Sports Medicine & Physical Activity Marketplace
- Health & Physical Activity Reference Database

HOME | ACCESS PUBLIC INFORMATION | BROCHURES & FACT SHEETS | BROCHURES

## Brochures

ShareThis

ACSM offers a variety of health and fitness brochures to individuals with an interest in sports medicine and exercise science. All ACSM brochures are available online; therefore, we can no longer accept bulk orders of print brochures. Click the brochure title below to download a print-quality PDF.

[Resistance training](#)

Resistance training is a form of physical activity that is designed to improve muscular fitness by exercising a muscle or a muscle group against external resistance. There are many positive health outcomes of resistance training. PDF, 193.56 KB

[Youth triathlons](#)

Triathlons, consisting of swimming, biking, and running has seen an increase in participation with youth athletes. Prior to competing, youth athletes should acquire the skills and fitness necessary to swim, bike, and run in a safe manner. As the youth athlete matures they can increase their fitness levels and continue to successfully participate. PDF, 147.93 KB

[High-Intensity Interval Training](#)

The popularity of high intensity interval training is on the rise. High intensity interval training sessions are commonly called HIIT workouts. This type of training involves repeated bouts of high intensity effort followed by varied recovery times. PDF, 222.81 KB

### LOGIN

USER NAME

.....

LOGIN

FORGOT LOGIN INFO




### Featured Publications



Sudden death on the field is growing in sport and physical activity. This groundbreak text arms

with the knowledge and need...

» Read More

 [High-Intensity Interval Training](#)

The popularity of high intensity interval training is on the rise. High intensity interval training sessions are commonly called HIIT workouts. This type of training involves repeated bouts of high intensity effort followed by varied recovery times.  
PDF, 222.81 KB

 [Getting Started with Cycling](#)

Cycling is an excellent form of aerobic exercise and transportation that offers a variety of health and fitness benefits. Care taken in selection and fit of the bicycle, safety, equipment and clothing can help make starting a cycling program successful, and lead to lifelong enjoyment of cycling.  
PDF, 187.38 KB

 [Running shoes](#)


Running shoes should be selected after careful consideration. With so many brands and styles of shoes on the market today, it is important to find the best fit for your feet and your needs. There is no "right shoe" that fits all runners. However, research and injury patterns have shown that there are some general characteristics of a good, safe running shoe.  
PDF, 226.44 KB

 [Starting a Walking Program](#)

Walking is one of the simplest and least expensive options to increase your physical activity level and improve your overall health. It is a weight-bearing exercise that helps maintain bone density and is easy on joints. Walking at a brisk pace is considered moderate-intensity physical activity, and doing this most days of the week for 30 minutes or more enables you to meet the criteria for physical activity for health benefits recommended by ACSM and the American Heart Association.  
PDF, 341.91 KB

 [Reducing Sedentary Behaviors: Sitting Less and Moving More](#)

There is strong scientific evidence that says frequent moderate- to vigorous-intensity exercise during the week plays a significant preventative role in cardiovascular disease, type 2 diabetes, obesity and some cancers. The human body, with approximately 640 muscles and 206 bones, is made to move. Yet, hi-tech advances in civilized societies within the last 50 years have created an environment that promotes sedentary behaviors.  
PDF, 475.90 KB

 [Smart Phone Running Apps](#)

need...  
» Read More



ACSM Information On...

# Reducing Sedentary Behaviors: Sitting Less and Moving More

There is strong scientific evidence that says frequent moderate- to vigorous-intensity exercise during the week plays a significant role in cardiovascular disease, type 2 diabetes, obesity and some cancers. The human body, with approximately 640 muscles is made to move. Yet, hi-tech advances in civilized societies within the last 50 years have created an environment that pro...



ACSM Information On...

## Exercising Your Way to Lower Blood Pressure

Hypertension, defined as a chronically elevated blood pressure greater than 140/90 mmHg, affects nearly 75 million Americans. If left untreated, hypertension can dramatically increase your risk for heart attacks, strokes and peripheral arterial disease. Exercise not only improves the workings of the cardiovascular system, but can lower blood pressure as well. The key to maximizing the benefits of exercise is to follow a well-designed program that you can stick to over the long-term.

**A COMPLETE PHYSICAL ACTIVITY PROGRAM**  
A well-rounded physical activity program includes

**HIGH BLOOD PRESSURE FACTS**  
• Elevation in blood pressure increases

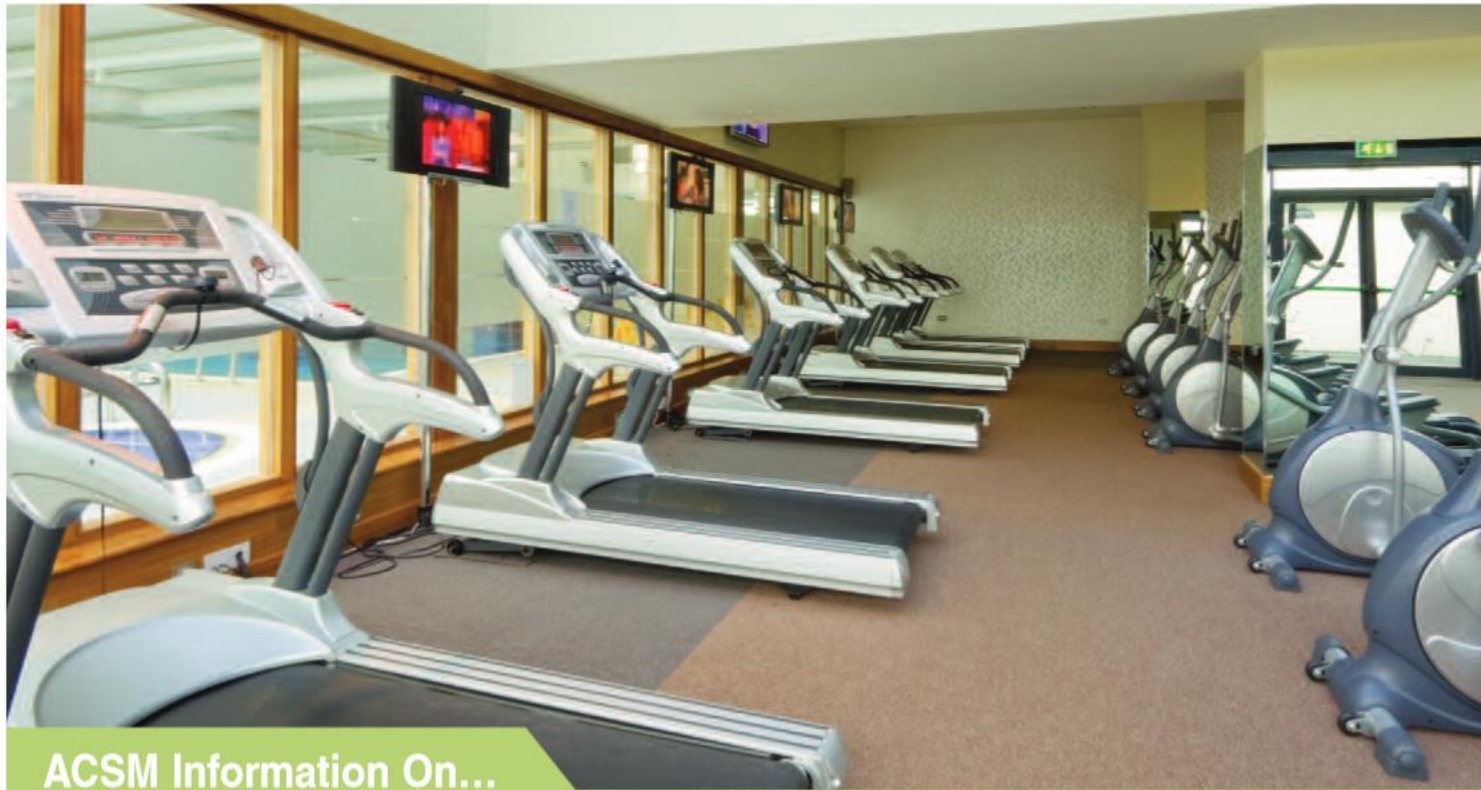




ACSM Information On...

# Starting a Walking Program

Walking is one of the simplest and least expensive options to increase your physical activity level and improve your overall health. It is a weight-bearing exercise that helps maintain bone density and is easy on joints. Walking at a brisk pace is considered moderate-intensity physical activity, and doing this most days of the week for 30 minutes or more enables you to meet the criteria for physical activity for health benefits recommended by ACSM and the American Heart Association.



ACSM Information On...

## Selecting and Effectively Using A Health/Fitness Facility

The health/fitness facility should provide a variety of equipment and programs to meet your personal fitness goals and interests. First, establish your exercise/fitness goals before talking to personnel to see if they provide the programs and equipment you seek.

### A COMPLETE PHYSICAL ACTIVITY PROGRAM

A well-rounded physical activity program includes aerobic exercise and strength training exercise, but not necessarily in the same session. This blend helps maintain an immune, cardiorespiratory and muscular

### SELECTING A FACILITY

According to the International Health, Racquet and Sportsclub Association (IHRSA), there are more than 17,000

Observe the classes and programs offered. Consider into consideration whether the facility is located in an area that is convenient for you. Also, consider the following:

# Where Do We Go From Here?





