

2021 Community Partner

Healthy Berkeley

P.O. Faulkner Trail Project



What Public Health Problem Was Addressed?

In the recent Community Health Needs Assessment (CHNA) for WVU Medicine East, 20% of the population reported having fair to poor health and 28% reported no leisure time activity. One of the top concerns in the CHNA is lack of access to recreation spaces in Berkeley County. It was also reported in the Berkeley County Comprehensive Plan Update in June of 2016 that "residents of Berkeley County have expressed a clear desire to be able to walk or bike safely in Berkeley County, both for recreational purposes and as an alternative to driving." The P.O Faulkner Trail project aims to address the need for more low cost/no cost physical activity opportunities for the community as well as creating a connection for the community to walk from the park to downtown Martinsburg.

What Approach Did They Take?

The trail at P.O. Faulkner Park was identified as an area needing improvement. A trail had been started a few years ago with funding from the Martinsburg Rotary. The trail had not been completed and additional funding was needed to make additions to encourage use. The original proposal was to improve the trail and add a bench with exercise ideas. Through a partnership with Martinsburg-Berkeley County Parks and Recreation (MBCPR), staff and volunteers worked to make improvements while leveraging connections with the city to borrow some of the equipment needed for improvements. After hearing about the P.O. Faulkner Project, the United Way partnered to provide funding to install Born Learning Trails. The funding from United Way freed up grant funds for other exercise/mindfulness signs to be placed near benches on the trail. Trees were also planted through a connection with Region 9 to beautify the trail and park.

WELCOME TO THE P.O. FAULKNER PARK FITNESS PATH.

Let's get moving and have fun. Along this path, you'll find ideas and opportunities to help your body and mind be active and feel great.

Healthy Berkeley: It's Up To Us! is a community initiative working to improve the health and well-being of the citizens of Berkeley County through physical activity, healthy eating, and inspiring healthy choices.

LOOK

Take a moment to look closer and truly observe the world around you ...

- What shapes are the clouds making?
- How many shades of green can you see?
- What is the smallest thing you can see in the grass?
- How many kinds of animals can you see?

LISTEN

Take a moment to close your eyes and connect to the sounds around you ...

- How would you describe the sound the wind is making?
- What sounds of life can you hear?
- What is the farthest away sound you can hear?
- What sounds are coming from the trees?

FEEL

Take a moment to sense how the world touches you ...

- How does the sun feel on your skin today?
- What direction is wind coming from?
- Is the grass cool or warm today?
- How many different textures can you find?

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BUILD FITNESS WITH BENCH EXERCISES

PUSH-UPS: Strengthenes chest and arms. As stand in front of a sturdy bench, start in a plank position with your feet on the ground and your hands on the back edge of the bench. Lower your chest to the bench, keeping your elbows under your shoulders. Push up to return to the starting position.

TRICEP DIPS: Strengthens back of upper arms and shoulders. As sit on the very edge of a bench with your arms extended and your hands on the edge of the bench with fingers forward. Keep your shoulders forward and feet on the ground. Bend your knees and lift your hips to support your weight.

SIDE PLANK WITH LEG LIFT: Strengthens hips, buttocks, thighs, and abdomen. As stand behind an upright bench, place your feet on the bench and lean back to support your weight.

STEP UPS: Strengthens hips, buttocks, thighs, and abdomen. As stand in front of a sturdy bench, step up with your right leg and down with your left leg. Repeat with your left leg.

SEATED CRUNCH: Strengthens your abdomen. As sit on the edge of the bench, lift legs and reach right hand over head to the left.

SIT TO STAND SQUAT: Strengthens hips, buttocks, thighs, and abdomen. As stand behind the edge of the bench, lift legs and reach right hand over head to the left.

What Were The Results?

Improvements were made to the P.O. Faulkner Park trail that included resurfacing 1/4 mile of trail and adding trees and other shrubbery that helped to beautify the park. This trail created a link between Martinsburg High School, Downtown Martinsburg, the baseball and softball fields, and the neighborhood near the park.

Results from use of the trail are still to be determined. Healthy Berkeley is exploring the options of using trail counters to determine the community participants that use the trail. The connection and collaboration with Region 9 and United Way have also been a positive result of this project.

What's Next?

MBCPR will maintain the trail. The park is home to several tennis courts for public and Martinsburg High School use. The park is also located next to the high school baseball field and a girls youth softball league. The park has a lot of open green space but no playground equipment.

It is also part of a larger plan to connect downtown to the Rt. 9 biking/walking trail. Recently, ownership of an abandoned railroad bed close to this park was turned over to the city. This adds another connection to the trail plan. Adding the Born Learning Trail, picnic table and benches will encourage people to be active through the use of the park and trail.

Interpretive Plan

- Bench
- Picnic Table
- Bench Exercise Sign

BORN LEARNING TRAIL:

- Welcome
-
-
- Hop Scotch
-
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-
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For more information, contact:

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