

Movement Matters Disc Golf Course Town of Wardensville



Main Goal

Install a Disc Golf Course to improve physical activity

Research Findings



300

Community members reached



17.1%

how much golf disc has grown in past year



32%

Population between the ages of 25-44 in Wardensville

A new opportunity for physical activity and bringing the community together is important for community well-being



Environmental Changes

Created physical and observable change to the built and social environment at Wardensville Town Park



ActiveWV 2030 Physical Activity Plan Sector:



Community Recreation, Fitness and Parks

Health Equity

Strong health equity impact



It can be played at any age and available for everyone to use and classes will be offered for beginners.

The course is by picnic tables for families and friends to peak interest and also by a walking area

The Bottom Line

The project has been successful and people are requesting a bigger disc golf course! They have continued funding for more minimal upkeep projects to help keep the park sustainable and bring more of the community to the park. They not only are increasing physical activity but also bringing new opportunities for people to try.

