

# Safe Strides on the Southside

## South Middle School (Martinsburg)



### Main Goal

Developed a walking track on campus to promote physical activity

### Research Findings



# 1000

Children and community members impacted



# 1/6

length of track put on campus



# Fitness

Fridays to get students using the track

Having the track gives students another option for physical activity during recess. Instead of sitting and talking or sitting by themselves. They are encouraged to walk and socialize with one another.



### Environmental Changes

Created physical and observable change to the built and social environment in South Middle School (Martinsburg)



ActiveWV 2030 Physical Activity Plan Sector:

Education



### Building Capacity

Stronger Communities



Available for **ALL** students to use during the school day

Accessible and encouraged use of all students and staff

### The Bottom Line

They shared their own success story of a student who was very shy and would sit along the wall during recess. Once the walking track was put into place, she decided to start walking it. Eventually others joined her and they began to mingle. The walking track is not only promoting physical activity but also more social interactions and development.

