

Move for Health Exercise Classes WVU Medicine Potomac Valley Hospital



Main Goal

Implement programs and classes to increase physical activity

Research Findings



250

Community members participated



30.2%

Physical inactivity rate in West Virginia



47.7%

Access to Physical Activity in Mineral county

Physical inactivity and access to opportunities to be active are issues within this county. The Potomac Valley Hospital wanted to increase both activity and access to not only their patients but the community as a whole.



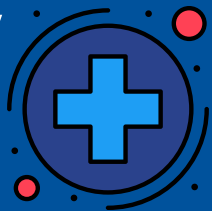
System Changes

Classes were implemented into treatment plans for patients and were put into community settings, such as Mineral County Schools as a class.



ActiveWV 2030
Physical Activity
Plan Sector:

Healthcare



Health Equity

Strong health equity impact

It was available to everyone, patients, employees, and community members and free. Transportation assistance as needed.



Classes were fit for all levels of ability. Chair yoga, walking, circuit training are all examples of classes offered.

The Bottom Line

The program brought people who have never exercised to join and successfully introduced yoga and mindfulness to children. These classes are also now integrated into the hospital and treatment plans and have had amazing feedback. They have been able to make many partnerships to continue the system changes.

