Be Wild. Be Wonderful.

beActive.

2024 Community Partner

Exercise QRx

WVU Exercise Physiology

Main Goal

To motivate individuals to move more frequently and with greater purpose.

3,411

Website views from 2,618 unique individuals

5

Groupings of workouts tailored to different ability levels

203

Individual workout videos created

Exercise is important for healthy bodies and minds. The gentle progression of these workouts will have positive mental and physical impacts for participants.

System Changes

Once started, participants receive daily workouts following a progression and plan. Program has very high buy-in as 143 people have opted in for updates.

ActiveWV 2030 Physical Activity Plan Sector:

Community Recreation, Fitness, and Parks

Health For All

Workouts are designed for 5 different ability groups, ensuring there is a daily workout for everyone.

This is a **FREE** resource, providing acceessibility for everyopne.

The Bottom Line

With these workouts, Exercise QRx has provided a free online workout program for children, adults with disabilities, women, older adults, and the general public. The program is designed by Exercise Physiologists and the workouts are recorded by senior-level Exercise Physiology students at West Virginia University. This results in a program that's accessible and backed by experts.

www.activewv.org

Be Wild. Be Wonderful.

beActive.