

# Couch to 5K

## WVU Exercise Physiology



### Main Goal

Increased awareness of Preston County PARC's 5K series and got people excited about being outside.



15

Preston county citizens participated in the program



12

Week long training program



5

Students worked in the program

The students benefited from being able to apply all of the skills they learned in the Exercise Physiology program while the adaptability and planning of the program safely increased participant physical activity level.



### System Changes

Participants got to join a program that was planned to increase strength and endurance and educate members on proper stretching and hydration.



ActiveWV 2030 Physical Activity Plan Sector:



Community Recreation, Fitness, and Parks

### Health For All

Participants were all starting at different levels and students were able to meet each member's individual needs.



This was a FREE program being offered to the residents of Preston County

### The Bottom Line

The program was an incredible learning experience for the students and a really fun and safe experience for the participants. All members became invested in being able to run a 5K by the end of the program. Whether participants were working towards running their first 5K, or working to better their last time, the students were able to meet them at their level and help them achieve their goals.

