

# West Virginia Health Motivators

Spread the word; health and fun go together!

Health Motivators is the answer!

A program for friends, colleagues, exercise or church groups, and community clubs of all kinds.

Help us get this message to others in your community.



**Success Story:**  
“A club member lost 20 pounds, lowered his blood pressure, and is off most medications.”

## Health Motivators bring success!

Use Health Motivator activities as a regular part of your monthly meetings. You will find members become more physically active, choose healthier refreshments, and are more involved in health-related activities like walking. Results can be amazing – lower blood pressure/blood sugar/cholesterol and weight loss are some of the possibilities.

### Who is a Health Motivator?

Any interested member who agrees to be “Health Motivator” for the year. No skill or knowledge is needed.

### What does a Health Motivator do?

1. Use the Health Motivator Guide to lead a 5 to 10-minute activity at each monthly meeting.
2. Encourage members to practice healthy habits and use their calendar tips and physical activity log.
3. Be a role model for a healthy lifestyle.

### What Health Motivator materials are provided?

#### Materials are free!

- Each year, a new engaging health curriculum is created by WVU Extension Service educators – you can count on it being timely and trustworthy.

- The Health Motivator Guide has a month-by-month plan for quick, interactive activities. Club Health Motivators can use these ideas or create their own, based on club interests. Find all the information on [http://ceos.ext.wvu.edu/health\\_motivator\\_materials](http://ceos.ext.wvu.edu/health_motivator_materials) or call for a CD.
- The Health Motivator calendar for each club member coordinates with each monthly topic. Discover practical health tips and an easy check system for tracking daily physical activity.

### How can I start Health Motivators in my community group?

Any community group can have a Health Motivator. If your members are interested in learning about health and encouraging healthier lifestyles, request Health Motivator materials from your county WVU Extension Service office, or contact Elaine Bowen, Extension Specialist – Health Promotion.



For more information:

Elaine Bowen at [Elaine.Bowen@mail.wvu.edu](mailto:Elaine.Bowen@mail.wvu.edu) or 304-293-8584

[http://ceos.ext.wvu.edu/health\\_motivator\\_materials](http://ceos.ext.wvu.edu/health_motivator_materials)

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