



The **Roanoke Valley Community Health Initiative** (RV-CHI) was formed in 2011 to address and improve overall health of Halifax and Northampton counties. The organization brings together over 40 diverse organizations, individuals, and businesses. These groups collaborate to overcome the pressing challenge of childhood obesity and improve the overall health of our community.

With the generous support of the **Kate B. Reynolds Charitable Trust**, the RV-CHI focuses its efforts on making the Roanoke Valley healthier. Through this partnership, the RV-CHI is working to increase access to affordable healthy foods, and improve opportunities for exercise and physical activity.

Our Vision

That Roanoke Valley families and individuals are empowered to lead healthy lifestyles.

Our Mission

To promote healthy living through education, empowerment, and health access.

Kate B. Reynolds Charitable Trust/Healthy Places NC

The Kate B. Reynolds Charitable Trust was established in 1947. Their mission is to improve the quality of life and health for the financially needy of North Carolina by responding to basic life needs and investing in solutions.

The **Healthy Places NC**

initiative supports community-wide improvements in rural counties. In each county, efforts are based on the ideas, input, and energy of the people who live there with the belief that this approach will lead to better long-term health in each community.



For more information, contact **Audrey Hardy**, RV-CHI Coordinator
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 or visit www.getfitstayfitrv.com.



Roanoke Valley Community Health Initiative
"Empowering Healthy Lifestyles"

Get Fit, Stay Fit Roanoke Valley



Promoting healthy living through education, empowerment, and health access.



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to healthy foods, and focuses on increasing overall health and wellness. The program engages youth through activities including Walk to School Day, an annual FamilyFest, a Get Fit Halifax Challenge, and monthly play days.

According to www.countyhealthrankings.org, Halifax County ranks 99th out of 100 counties in health outcomes while Northampton County is currently 89th. The Roanoke Valley Community Health Initiative launched a five-year initiative to empower Roanoke Valley families to eat healthy and be physically active. The **“Get Fit, Stay Fit Roanoke Valley”** program promotes healthy living through education, develops and offers activity-based programming at newly-developed parks, improves access

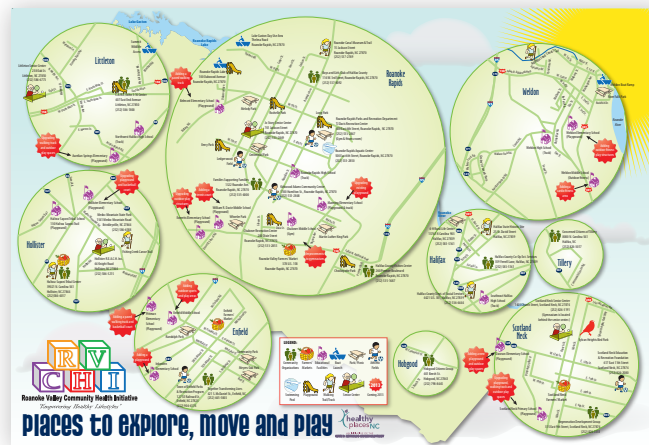
Our Programs and Initiatives

FamilyFest is an event where children of all ages experience fun ways to stay active and learn about healthy foods. Families can enjoy healthy treats provided by local organizations and participate in health screenings.



“Places to Explore, Move and Play” Map

puts local resources for physical activity and recreation at people’s fingertips. The map, available at www.getfitstayfitrv.com, highlights community organizations, pools, farmers markets, parks, trails, senior centers, playgrounds, and more across Halifax County and Northampton Counties.



Want to get involved?

Help your community “Get Fit, Stay Fit,” and join the Roanoke Valley Community Health Initiative. The RV-CHI welcomes parents, students, educators, faith groups, community organizations, and businesses who want to volunteer their time and talents.

Play Days provide structured monthly outings for children to remain active. Locations change each month.



If you are interested in learning more or getting involved, contact **Audrey Hardy**, RV-CHI Coordinator, at ahardy@halifaxrmc.org or **(252) 535-8771**.