

ACTIVE OTTUMWA



Sandy's walking group at the Bridge View Center in Ottumwa being active and enjoying the view of the Des Moines River!

Getting fired up in February!

Our schedule of events continues to grow and our February calendar reflects that! Check out the things that happened in the month of February:

- We added Strength Training at Market on Main which is a beginner's class that helps build strength and endurance.
- We released our [commercial](#) that is available on KYOU, various radio stations and in the CEC Theatre in Ottumwa. Keep your eyes and ears out for our advertisements!

Upcoming Events

In late March, we plan to host our informational session in order to recruit new and eager Physical Activity Leaders (PALs) and Active Ottumwa Ambassadors (AOAs). During this session, we will provide information to interested persons about the success of our program and how they can help us pursue our goals. Please contact us if you have any great recommendations in mind! Also during March, we will participate in the Ottumwa Chamber of Commerce Southern Iowa Living Expo at the Bridge View Center to spread the word about our program. This event is held on the following dates and times:

- Friday, March 3rd from 3-8pm
- Saturday, March 4th from 10am-8pm
- Sunday, March 5th from 11am-3pm

Don't forget to also check us out at Family Fest at Bridge View Center on Saturday, March 11th from 10am-4pm!



PAL Spotlight



Sandy Berto, our Field Coordinator, has been hosting 3 walking groups a week and has filled in for busy PALs so that we can keep a regular schedule. Her walking groups are led at the Bridge View Center and the Quincy Place Mall. Sandy's activity on Facebook and throughout the community has greatly increased her group's following. She is a vital part of our team and we are thankful for Sandy!

ACTIVE OTTUMWA

Do you want to learn more about goal-setting?

Goal-setting is a great tool to help think through what you want to achieve and how you can achieve it. If you know what you want to achieve, you can conceptualize the steps it may take you to get there. We recommend using SMART objectives to organize your achievements. Objectives are more immediate than goals, but they can represent milestones in order to accomplish your intended goal. Below we have included a graphic to help explain how to write SMART objectives to you can track your progress!

S

- A goal should be **specific**
- Outlines the who, what, and when?

M

- A goal should be **measurable**
- How much change is expected? How many?

A

- A goal should be **achievable**
- Is this goal reasonable, but still pushes you at the same time?

R

- A goal should be **relevant**
- Is the goal important and worthwhile to you?

T

- A goal should be **time-bound**
- By when must the goal be accomplished?

NOT SO SMART GOAL:
I will exercise more in 2017.



SMART GOAL:
By March 31st, 2017, I will walk for 30 minutes five times each week.

Try using SMART objectives today to transform not-so-smart goals into smart ones!



February

Contact Us

If you have any questions or comments about our upcoming events within the Ottumwa community, please let us know! If you have any recommendations or request that we appear at an event, we want to hear from you! Please contact Sandy Berto at the office.



Active Ottumwa Main Office:
205 E Main Street
Ottumwa, IA 52501
(641) 684-6151
www.activeottumwa.org