

ACTIVE OTTUMWA



The inviting Quincy Place Mall environment on Mall Walking Day 2015 and two residents enjoying mall walking!

Moving in March!

Active Ottumwa participated in many community events this path month and we are so thankful for the opportunity to reach out to the Ottumwa community!

Here is a quick highlight of all the events we were able to attend:

- Southern Iowa Living Expo at Bridge View Center from March 3rd -5th
- Cardiac Rehab Fitness Fair at ORHC on March 9th
- Family Fest at Bridge View Center on March 11th

Upcoming Events

Everyone here at Active Ottumwa can't wait for what this spring will offer for our project and the community. In the month of April we will begin a new round of trainings for new PAL recruits. If you know anyone who is interested in being a PAL and would be a great addition to our team, refer them to us!

We will also be participating in:

- Ladies Night Out held on Main Street on April 21st from 5-9:30pm
- YMCA's Wapello County Health Fair on April 22nd from 7am-12pm at the YMCA
- AO Walk the Loop 5k event led by our very own Gene Rathje on April 22nd starting at 12pm from the YMCA



PAL Spotlight



Betty & Remi Panloqui are some of our newest PALs to join the team! This duo started their Thursday night mall walking group in February which has steadily grown in popularity. We warmly welcome Betty & Remi and greatly appreciate their hard work and dedication to the AO program!

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AO Tip of the Month

Most people typically require some form of support from their social networks to help them improve their health. Social supports have a significant impact on health status, health behaviors, and decision making in regards to people's individual health needs. Many physical activity programs utilize versions of support to help encourage participants to change their behavior.

It is important to note that not everyone needs the same type of support - considering that we are all at different stages in our behavior change process, there are some types of support that better suit us than others. Below we have included some of the most common ways that you can offer social support to Active Ottumwa participants. Which ones do you use regularly?



Emotional

- Empathy
- Encouragement



Appraisal

- Self-evaluation



Informational

- Tips
- Advice



Tangible

- Transport
- Financial

Try one of these forms of support today! If you would like more information about social support contact the Active Ottumwa office.



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.



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