

## ACTIVE OTTUMWA



Ottumwa residents enjoying Zumba© at Market On Main in Ottumwa

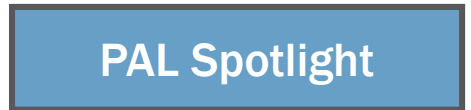
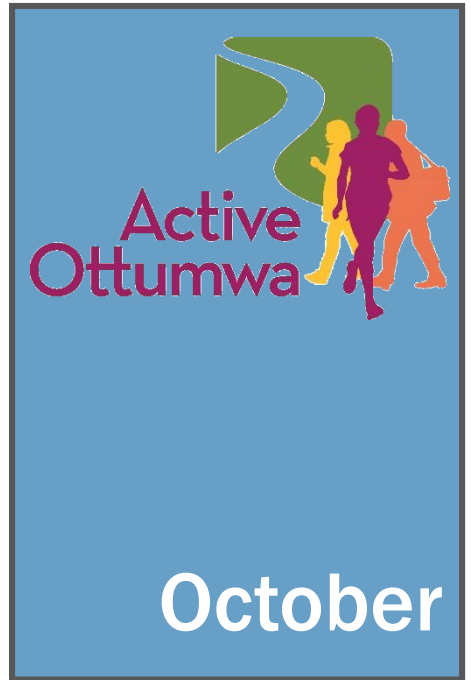
### Outdoorsy in October!

Despite the chill of October, the Active Ottumwa staff was busy indoors and out! Active Ottumwa created a team to participate in the Surgeon General's #StepItUp challenge. Our team consisted of under 10 participants that helped the team accumulate 1,142,136 steps! Kudos to all those who helped contribute and to the PALs that led events. On October 5<sup>th</sup>, the city of Ottumwa participated in the YMCA's Healthiest State Walk. Our PAL, Gene Rathje, helped out with the one of the sponsored walks through the community. The walk inspired Gene to even change his walking group to better suit the Ottumwa Community!

### Upcoming Events

Active Ottumwa is looking forward to an exciting event that the whole community is invited to. On Wednesday, November 30<sup>th</sup>, Active Ottumwa will be hosting an Open House at our office on Main Street from 4-6pm to discuss all that we have accomplished and our future plans. Please bring your friends and family to support your hard work and learn information about other portions of the project.

As the colder months approach, we want to send a reminder to continue staying active. Active Ottumwa staff believe in you! Also, if you have any concerns about your outdoor activity as the weather gets colder, please contact Becky Bucklin for assistance to help schedule ways to be active indoors!



This month we would like to highlight our PAL, Jami Brechon. Jami has been incredibly helpful to bounce ideas off of when designing activities. She also has an extensive background in group fitness, including yoga, BodyFlow© and YogaPop. Despite the Work It Out Fitness studio's move to Fairfield, she has remained a dedicated PAL. Thank you, Jami!