

ACTIVE OTTUMWA



Ottumwa resident enjoying the Greater Ottumwa Park

Sweating in September!

In September, Active Ottumwa staff participated in the Latino Fest hosted by Market on Main on September 17th. We spread the word about the program and even held a hula hoop contest on stage!

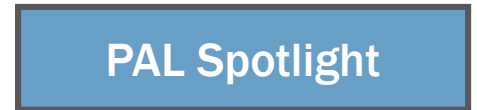
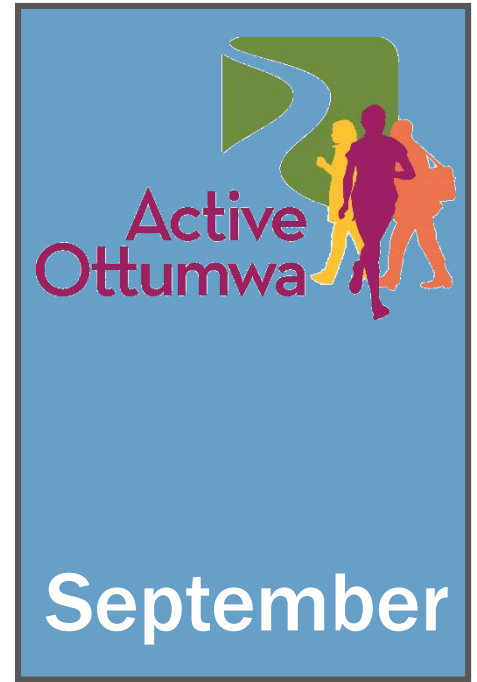
Starting on September 19th, we initiated our incentive program, where new participants will now receive a T-shirt for their first attendance to an activity and raffle entries for every consecutive attendance.

Our PAL, Jami Brechon, added Yogapop to Active Ottumwa's calendar. Yogapop includes standard yoga poses with popular hits to accompany new and experienced yogis.

Upcoming Active Ottumwa Events in October

Katelyn Myers, our very own research assistant, has offered to lead a dog walking group on Fridays from 5:00-5:30pm starting @ Market on Main.

Josh Gettings, owner of Riverside Cyclery in Ottumwa, is hosting a biking activity on Sundays from 3-4pm starting in October. We are happy to have him as part of the Active Ottumwa team! The YMCA is leading their Healthiest State Walk from 5:15-6:00pm on Wednesday, October 5th by the Beach Ottumwa. We would like interested PALs to volunteer for walking groups at the event. Be on the lookout for an email from our staff member, Wensday Worth, that will include sign up information.



We would like to highlight the hard work and dedication of Elizabeth Luedtke, who leads a successful Zumba® activity on Thursdays from 5-6pm @ Market on Main. She even volunteered for more classes the last two weeks of September! We appreciate the time she has donated to Active Ottumwa.