

ACTIVE OTTUMWA



A few of the ambitious newly trained group of PALs in early August



PAL Spotlight

Ambitious in August

In the past month, Active Ottumwa started offering another new activity!

- **Body Groove Dance** led by PAL **Stacie Rogan**

We are also excited to announce the return of our beloved PALS, Betty and Remi. These two started leading their walking group at the Quincy Place Mall from 7-8AM on Thursdays. Come join these early birds!

Active Ottumwa staff trained a new group of eager PALs on **August 8th and 10th**.

We have a total of 15 PALs that currently lead activities within the community each week!



This month, we are celebrating our wonderful PAL, Dana Overturf. Dana does a great job of challenging her participants physically as well as being a great support for all their needs and goals. Dana leads Basic Cardio and Strength Training on Wednesday evenings at Market on Main. She loves her role as a PAL because of the friends she has gained and we all love her! Thank you for your dedication to this program!

Upcoming Events

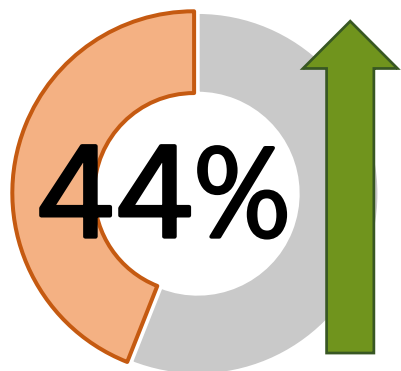
We will hold our first ever Active Ottumwa Ambassador (AOA) training in **September**. If you or someone else you know is passionate about the health of the community, please let us know by contacting Sandy Berto at sandy-berito@uiowa.edu.

We also look forward to:

- Representing AO at the National Walking Summit in Minnesota September 13th-15th
- The CAB Retreat on September 15th from 9AM-12PM
- The Ottumwa Latino Festival on September 23rd from 3-8PM
- The PAL Celebration on September 25th from 5PM-7PM
- Senior Lifestyle Expo on September 28th from 9AM-2PM

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Tip of the Month



Research has shown that **social support** can increase the amount of time doing a physical activity by 44%¹!

A “buddy” system is an official contract with friends that can **create accountability** between people. This aspect is one reason why group fitness can be so popular and successful! YOU can help by making connections with community members and encourage companionship. **Start by inviting your own social groups** like your friends and family, then work your way to colleagues and community organizations. We have also included some examples of unofficial contracts that YOU can make with your friends!

“I would love for you to join me at Dance Fitness – having a partner really helps.”



“Would you like to get together for the Monday night walking group?”

Find a buddy today and join Active Ottumwa, check out the trails and parks, and keep up the activity!

1 Centers for Disease Control and Prevention. *Strategies to Prevent Obesity and Other Chronic Diseases: The CDC Guide to Strategies to Increase Physical Activity in the Community*. Atlanta: U.S. Department of Health and Human Services; 2011.



August

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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