

ACTIVE OTTUMWA



First finisher at the Walk the Loop 5k and healthy snacks provided by the North and South Hy-Vees!

Active in April!

Active Ottumwa participated in many community events this past month and we are so thankful for the opportunity to reach out to the Ottumwa community! We had great participation for our events this past month. We continue to spread word about the work we are doing in Ottumwa to make the city healthier. Here is a quick highlight of all the events we were able to attend:

- Ladies Night Out held on Main Street
- YMCA's Wapello County Health Fair
- AO Walk the Loop 5k event led by our very own PAL Gene Rathje

Upcoming Events

Everyone here at Active Ottumwa is excited for May and what it has to offer the community.

In the month of May, we will begin a new round of trainings for new PAL and AOA recruits. If you know anyone who is interested in being a PAL or AOA and would be a great addition to our team, refer them to us! If you would like more information about the different roles, give Sandy Berto in our office a call. Our first round of **PAL trainings** will be:

May 16th & May 18th at two different times from **11:30am-1pm** and **5-6:30pm** both days.



April

PAL Spotlight



We would like to thank our PAL, Gene Rathje for his continued dedication to AO programming and for his involvement in our CAB. Gene recently took time out of his Saturday to lead nearly 30 people on our 5k kick-off event. Gene has been a PAL since June 2016 and has led many walking groups for AO! Keep your eye out for his group starting this spring!

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Tip of the Month

Each person has their own strengths and limitations when it comes to physical activity. AO caters to those individual needs by offering a diverse group of activities at various times and locations.

Many of our activities are low impact, which is more appealing to older populations who may not be able to participate in vigorous activities. These include water walking, walking groups, and Tai Chi for example.

We also offer some more vigorous activities as well including strength training and brisk walking groups.

Here are some quotes that can be adapted and used when talking with a community member about AO:

“If you have occasional aches, Water Aerobics & More may be the best option for you. It is easy on your joints!”

“Tai Chi is a great way to focus on your balance & once you feel more comfortable, you can always try a different AO activity.”

“Can’t make it to the Walking Group on Thursday mornings? Luckily, there are 5 other opportunities to get brisk walking in!”

“If you are interested in a more intense physical activity, check out our Strength Training on Wednesdays for a good sweat.”

If you have any questions or need further advice on how to approach people in the community to get them involved in being more active give the office a call for more information.



April

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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