

ACTIVE OTTUMWA



Walkers enjoying the weather at Central Park in downtown Ottumwa

Jamming in July

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

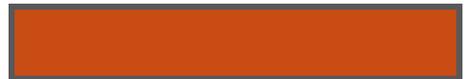
- **Evening biking group** led by **Brittany Forrett**

Active Ottumwa staff attended the **Better Block Project** meeting and public forum. The Better Block Project is a nonprofit group that focuses on educating and empowering communities to reshape the environment around them to improve the health and wellbeing of the community. Learn more about their organization at: <http://betterblock.org/>.

Upcoming Events

At the Better Block meeting, Active Ottumwa learned of a great opportunity for Ottumwans to get involved in the project. Take the survey at www.betterblock.org/ottumwa/ to let the Better Block team know what you think would make Main Street a “better block!”

We will hold another PAL training on August 8th and 10th from 5-7 PM. At this training, we will train more Ottumwans who are passionate about the health and well being of the community! If you or someone else you know may be interested in becoming a PAL, please let us know by contacting Sandy Berto at sandy-berto@uiowa.edu.



PAL Spotlight



This month, we are celebrating both Twila Foster’s and Blaire Siem’s one year anniversary with the Active Ottumwa project! These two PALs have been dedicated to their walking programs and their participants since the start of our program. We can’t thank Twila and Blaire enough for their continued support! We hope to continue this great relationship with both Twila and Blaire as their programs grow and the number of PALs continues to grow!

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Tip of the Month

The Centers for Disease Control and Prevention (CDC) funds and leads a lot of research to understand how to best serve people and their communities. The CDC has found that a combination of aerobic activity and muscle-strengthening activities contribute to positive health. Below are CDC recommendations and what activities you can do to improve your health!

ADULTS NEED AT LEAST. . .

150 minutes of moderate-intensity aerobic activity each week.
This includes. . .

-OR-

75 minutes of vigorous-intensity aerobic activity each week.
This includes. . .

Brisk walking



Running



Water aerobics

Swimming laps

Riding a bike



Playing sports



-PLUS-

2 days of muscle-strengthening activities like lifting weights, heavy gardening, and yoga



You can break your activity time into smaller 10-minute chunks to get in your minutes of activity!

Centers for Disease Control and Prevention. (2015). *How much physical activity do adults need?* Retrieved from <http://www.cdc.gov/physicalactivity/basics/adults/index.htm>



July

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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