

ACTIVE OTTUMWA



Photo of the colorful storefront during Crazy Dayz on June 17th in Ottumwa!



PAL Spotlight

Jumping in June

In the past month, Active Ottumwa was able to offer two new group activities on our calendar:

- Casual walking/biking group on Tuesday mornings
- Disc golf on Wednesday afternoons

Active Ottumwa staff was also able to participate in community events including:

- Farmer's Markets on June 1st and the 15th
- Crazy Dayz on June 17th

These wonderful outreach opportunities allow us to speak to more people about our programming and what we are hoping to achieve for the community.



We want to recognize Mary Hart for her continued dedication to Active Ottumwa Programming! Mary has been a PAL since November of 2016 and has held consistent activities ever since. Her Tai Chi activity on Saturday mornings at the Ottumwa Regional Health Center have a growing following as she sees new participants almost every week! We thank you, Mary 😊 Keep up the hard work!

Upcoming Events

Our PAL, **Elizabeth Luedtke** returned to Active Ottumwa this June and her **new Dance Fitness class** will be featured on our July calendar!

We will also be adding a **new evening biking group led by Brittany Forrett** this coming July as well. Keep your eyes on the calendar for the times and locations of these great new opportunities.

We plan to hold another training in July and we would love to recruit and train more PALs who are passionate about the health and well being of the community! If you know of someone else who may be interested in becoming a PAL or AOA, please let us know by contacting Sandy Berto.

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Tip of the Month

Changing your mindset can be a tricky thing to do, but we have some ways that can help you and others make a physically active lifestyle the preferred lifestyle. It has been proven that the right mindset can improve the physical health of an individual! Changing your mindset can improve health characteristics like weight, blood pressure, body fat, & BMI¹. Share the tips below with family and friends!



Listen to upbeat, motivational music

Music can increase physical activity performance by ~15%²



Find a buddy to create accountability

Social support is key and can increase PA time by 44%³



Create a “mental anchor” that reminds you of your goal⁴

This could be a picture, valued thought or object



Layout active wear and/or prep gym bags the night before

This means you’re making physical activity a priority



June

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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1 Crum, A. J., & Langer, E. J. (2007). Mind-Set Matters: Exercise and the Placebo Effect. *Psychological Science* (0956-7976), 18(2), 165-171. doi:10.1111/j.1467-9280.2007.01867.x

2 http://www.bases.org.uk/write/Documents/SES_EXPERT_3.pdf

3 https://www.cdc.gov/obesity/downloads/pa_2011_web.pdf

4 <https://www.grown.org/your-mindset-matters/>