

ACTIVE OTTUMWA



YMCA Instructor Dana Overturf leads Basic Cardiac & Strength Building activity at Market on Main. This class focuses on strengthening using body weight.



May

PAL Spotlight

Motivating in May

In the past month, Active Ottumwa was able to lead our first revised training for PALs! **We were able to train 7 community members** on how Active Ottumwa was developed, what our mission is, and how to support participants when leading their activities. If you know of someone else who may be interested in becoming a PAL or AOA, please let us know by contacting Sandy Berto in the office. **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!

Other community events we attended were:

- Health Fair at John Deere
- Downtown Farmer's Market on Main Street



We want to recognize Tammy Raman for her excitement in the AO programming as she leads video-led yoga at ORHC every Tuesday evening. Tammy has been a great asset to the AO team. She believes in our mission to offer free physical activities within the community to improve health for all. We thank her for her continued dedication to the program & for motivating her husband to become a PAL too! Thank you, Tammy 😊

Upcoming Events

As the weather warms up, we are expecting to add more activities to our calendar in June! This new calendar will feature a **disc golf group as well as a casual walking/biking group!**

AO has also purchased some new incentives that include **fanny packs and drawstring back packs**. These products will be great for participants who would like to carry their phone, keys, and wallets while walking the trails or for athletic shoes and a towel for our more vigorous activities. Come to our events to receive these incentives while supplies last.

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Tip of the Month

As we head into the summer, that means we will be experiencing warmer weather for our outdoor activities. AO staff wants all our PALs and participants to be safe throughout this time of the year so we decided to share some great safety tips with you all! Here are some great summer safety reminders:



Hydrate properly

- Always listen to your body and if you feel thirsty, make sure you get water or fluids with electrolytes into your body
- Dehydration can lead to muscle fatigue, heat exhaustion, and possibly stroke



Wear bright/reflective clothing*

- As the weather gets warmer, there may be more people out and about in the evenings. Because of this, it is important to wear bright clothing so that vehicles can see you



Protect your skin from the sun*

- When exercising outside, use 30 SPF sunscreen or higher to protect yourself from the sun's rays
- You can wear long sleeve tops and hats to protect your skin as well

*Active Ottumwa staff has reflective vests, shoe lights, and plenty of sunscreen available if you need these items for your participation in Active Ottumwa activities. If you have any questions or would like some of these items to stay safe while participating in our program this summer, give the office a call!



May

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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