

ACTIVE OTTUMWA



The Active Ottumwa team raising awareness of our program at the Oktoberfest Parade!



PAL Spotlight

Outstanding in October!



The AO team has been busy this past month with the following events:

- Iowa's Healthiest State Walk took place on October 4th in partnership with the YMCA
- Ottumwa's 44th Annual Oktoberfest on October 7th, where Brittany, Stacie, Mike, and Barb handed out pens, shoelaces, and bookmarks



This month, we would like to honor our outstanding PAL, Brittany Forrett! Brittany started a very popular biking group this past summer that had a dedicated following. She has since begun to lead the very fun Dance fitness on Tuesday nights at Market on Main from 5:30-6:30pm! Brittany is an extremely active community member and an exceptional PAL who truly is focused on encouraging others and sharing her love for activity.

Upcoming Events

In November, Active Ottumwa is participating in the **Downtown Holiday Open Houses on Thursday the 16th from 5-8pm**. This is a great event where community members can visit locally owned business and enjoy in-store specials!

Community Advisory Board (CAB)

Active Ottumwa's CAB is made up of representatives from a variety of organizations within Ottumwa. Together, **we all work to develop programming, apply for grants, and ensure the health of the community**. We will begin featuring one member of our CAB on our monthly newsletter to introduce the integral individuals who help the AO program work!

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Tip of the Month



Barriers are negative aspects of a health behavior that can prevent change. For physical activity, this can include **money, time, fear of pain, weather and more**. AO has attempted to reduce or remove some potential barriers by offering our **FREE physical activities** at a variety of locations and times. We also provide **activities that are low impact**, such as water walking or tai chi, to reduce concern of pain.



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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Suggestions for Overcoming Physical Activity Barriers¹

 Bad Weather	<ul style="list-style-type: none">• Head indoors for swimming, mall walking, or dancing
 No time	<ul style="list-style-type: none">• Select activities that need minimal time like stairclimbing• Find three 10-minute time slots in a day
 Injury concern	<ul style="list-style-type: none">• Learn proper warm-up and cool-down techniques• Select low risk activities such as tai chi
 Low funds	<ul style="list-style-type: none">• Choose activities that require minimal facilities or equipment like jump rope• <u>Join FREE Active Ottumwa activities!</u>

By removing barriers, we can help increase health equity within the community. Health equity means to optimize conditions so everyone has equal opportunities to achieve their highest level of health. **Ask your activity participants what barriers they face and work with them to find ways to overcome these barriers to being active!**

1. USDHHS (1999) *Promoting Physical Activity: A Guide for Community Action*
<https://www.cdc.gov/physicalactivity/basics/adding-pa/barriers.html>