

ACTIVE OTTUMWA



Bernie Fernandez joined Betty and Remi Panloqui outside the Active Ottumwa store front! Come join them for their 8 am walking group on Tuesdays and Thursdays at the Quincy Place Mall!



November 2017

PAL Spotlight

We would like to honor our amazing PAL, Cindy Bebernes! Cindy continues to encourage new participants with her enthusiasm and support! Her reliability is demonstrated by her actions - When scheduling issues arose, Cindy stepped up to cover Yoga and Body Groove so these activities were not canceled. She also continued to lead her own fun activities throughout the week. Thank you, Cindy!

A Noteworthy November!

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

- Downtown Holiday Open Houses on November 16th
- Wapello County Trails Council's Holiday Hike on November 17th

Upcoming Events

In December, AO is hosting our **Active Ottumwa Open House on Monday the 18th from 4-6pm**. Check out the invite on our Facebook page to learn more about the event!

On **December 14th**, members of AO staff will attend the Business Leadership Network to share information about the hard work being done around walkability in Ottumwa.

Don't forget to check out our tips on staying active over the holidays. We'll see you in the new year!

CAB Spotlight

For our first CAB Spotlight, we want to recognize our outstanding AO CAB chair, Kim Hellige! Kim is an involved community member: she heads the Wapello County Trails Council, serves on the Parks and Rec Board, and works for the Ottumwa School District. In her role as AO CAB chair she recently represented Ottumwa at the CDC Director's Meeting in Atlanta this past month. Thank you Kim, for your hard work and dedication!



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Tip of the Month

The holidays are a time of reflection and celebration of the many things for which we are thankful. **This year, take time to appreciate your health and the health of your loved ones.** Over the holiday season, fuel your body with healthy foods and get the whole family active. Here are some tips for you and your loved ones to stay active over the holidays!¹



Find fun ways to stay active or check out some of our ideas!

Help kids and teens be active for at least 1 hour a day.



Aim to be active for at least 2.5 hours a week.



Focus on balance and moderation in your meals.

Limit fats, salts, and sugary foods.



Choose fresh fruit as a festive substitute for candy!



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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. CDC. (2017). *Holiday Health and Safety Tips*.
<https://www.cdc.gov/family/holiday/index.htm>