

ACTIVE OTTUMWA



Don't forget to join one of our PALs walking groups this month!

Fun in February!

The AO team participated in exciting activities during February!

- Sandy Berto shared information on AO to an audience of 35 people at the Cardiac Rehab Group at ORHC!
- The first monthly PAL lunch occurred February 8th and was attended by Twila, Peggy, Stacie, Betty, Bernie, and Brittany! A good time was had by all!

CAB Spotlight

Lynelle Diers has been an active member of AO's Community Advisory Board since the beginning of our program. Lynelle has supported the community for several years as the Director of Wapello County Public Health. She brings the same dedication and positive support to Active Ottumwa as she does to Wapello County. Thank you, Lynelle! We appreciate the time and expertise you devote to Active Ottumwa!

Look out for Active Ottumwa yard signs!

As spring approaches, Active Ottumwa signs are popping up around town! We love to see the display of support for AO in the community. If you would like a yard sign of your own, stop by the AO office at 205 E Main St! Call (641)-684-5161 to ensure someone is in the office when you come by!



February 2018

PAL Spotlight



We would like to highlight our fantastic PAL, **Marylou LaRose**! Marylou has been a dedicated PAL, even when she wasn't leading an activity. She supports others and truly understands the concept of AO! She is delighted to be offering Water Aerobics once again on Wednesdays at the Hampton Inn! Thank you, Marylou!

ACTIVE OTTUMWA

Tip of the Month

February was American Heart Month. The CDC recommends a mix of aerobic and muscle-strengthening activities to keep your heart healthy. **Aerobic exercise** is physical activity that causes you to breath hard and your heart to beat faster (walking, swimming). **Muscle-strengthening activities** increase muscle strength, power and endurance (weight lifting, yoga). Practice healthy habits year-round to keep your heart in top health and prevent cardiovascular disease by getting the recommended combination of physical activity!¹



2 Hours and 30 minutes of moderate-intensity aerobic activity every week (TRY: Walking Group)



Strengthen all major muscle groups 2 or more days a week (TRY: Basic Cardio & Strength Training)

OR



1 hour and 15 minutes of vigorous-intensity aerobic activity every week (TRY: Body Groove)



Strengthen all major muscle groups 2 or more days a week (TRY: Beginner's Yoga)

OR



An equivalent mix of moderate- and vigorous- intensity aerobic activity (TRY: Water Aerobics and Square Dancing)



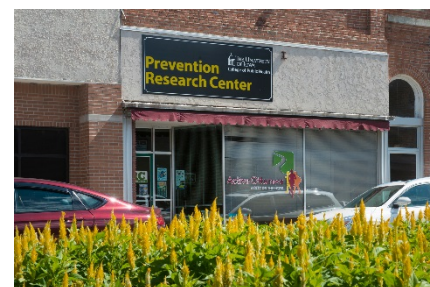
Strengthen all major muscle groups 2 or more days a week (TRY: Simply Dance and Barre)



February 2018

Contact Us

If you have questions about upcoming events or request that we appear at an event, we want to hear from you! Please contact Sandy Berto at the office.



Active Ottumwa Main Office:

205 E Main Street
Ottumwa, IA 52501
(641) 684-6151

www.activeottumwa.org

1. CDC (2017). How much physical activity do adults need?