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!

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