This month, we would like to spotlight our wonderful PAL, Pam Ward! Pam has been enthusiastic about Active Ottumwa long before becoming a PAL! She has been attending Tai Chi and shares the class with all those she feels may be interested! Thank you Pam, for being a supporter of the mission of Active Ottumwa!

Jazzed for July!

The AO team has been busy this month!

• On July 13th-15th, the Ottumwa community participated in the Pro Balloon Races at the Jimmy Jones Shelter in Ottumwa Park!
• We were thrilled to support our friends and partners as they hosted the United Way Glow Run on Saturday, July 14th!

CAB Spotlight

We would like to highlight our amazing CAB member, Aaron K. Phillips. Aaron recently joined the Active Ottumwa CAB as a representative of United Way. We appreciate his enthusiasm and interest in the AO and the Ottumwa community! Dedicated CAB members help grow AO. Thank you, Aaron!

Upcoming Events

If you are looking for fun events in Ottumwa, mark your calendars for:

• The International Festival on Saturday, September 29th to enjoy the many cultures Ottumwa has to offer!
ACTIVE OTTUMWA

Tip of the Month

We know the health benefits of an active lifestyle, but we shouldn’t overlook the importance of a balanced diet! Eating nutritious foods and staying active go hand-in-hand. The Iowa Department of Public Health is promoting the 5-2-1-0 Healthy Choices Count initiative.¹ The IDPH encourages Iowans to eat 5 servings of fruits and vegetables, get 2 hours or less of screen time, participate in 1 hour or more of physical activity, and drink 0 sugary drinks each day! Over the next four months, we are breaking down the initiative and providing tips so we can all live a healthier life!

Fruits and vegetables provide great fuel for an active life! Aim to eat 5 servings of fruits and vegetables each day using these tips!²,³

Celebrate the season!
Fruits and vegetables that are in season are easier to get, have more flavor, and are less expensive.

Try canned or frozen!
Look for canned or frozen fruit with 100% fruit juice and canned vegetables with “low sodium” or “no salt added.”

Make small changes while out!
If you’re eating away from home, ask for an extra side of vegetables or a side salad instead of French fries.

Plan and cook smart!
Prepare and freeze veggie soups, stews, or other dishes ahead of time to make it easier to get 5 servings every day.

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.

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