

ACTIVE OTTUMWA



Many of our PALs are taking advantage of the nicer weather by staying active outside! Remember to encourage hydration and sun protection!

An Amazing May!

The AO team has been busy this month!

- **Community Resources and Career Opportunities Fair:** Thanks to everyone who stopped by the fair and AO's storefront!
- **Fortnightly Women's Group:** Sandy, our AO Field Coordinator, had the opportunity to speak to ladies in the group and at the Salvation Army. Three women even completed paperwork to participate and are considering leading walking groups!

CAB Spotlight



We would like to highlight our fantastic CAB member, Brian Dunn! Brian is the Executive Director of Sieda, a nonprofit organization aimed at strengthening families, promoting child development, and helping individuals and families with basic needs. He has been with AO since its inception, taking time to support AO's mission. Thank you, Brian!



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PAL Spotlight



This month, we would like to spotlight our wonderful PAL, Peggy Wixom! Peggy became a PAL after stepping up to cover activities for while another PAL took medical leave. Recently, she completed PAL training! She is dependable and has a lot of great ideas for Active Ottumwa! Thank you, Peggy!

Upcoming Events

- Join us on **June 2nd for Main Street Madness** in conjunction with the Canteen Eating Contest! There will be sidewalk sales and many "pop up" businesses will be visiting. Stop by Active Ottumwa's office and say hello!

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Tip of the Month

As the weather is getting warmer, it's important to encourage participants to stay safe in the heat! When our bodies aren't able to cool off, heat can make us sick. Use the below tips to stay safe in hot weather and encourage AO participants to do the same!^{1,2}



Stay Hydrated!

Drink more water than usual. Don't wait until you feel thirsty.

Dress for Warm Weather!

Wear loose, lightweight, light colored clothing to stay cool!



Pace yourself!

Heat can make physical activity more difficult. Start slow and pick up the pace gradually!

Be Careful Outdoors!

Schedule outdoor activities in the morning or evening to avoid extreme heat!



Wear Sunscreen Every Day!
Generously apply sunscreen of SPF 30 or higher to all exposed skin and reapply throughout the day!

Check local news!

Watch out for heat advisory warnings and other local weather alerts to stay safe!



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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.



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1. "Keep Cool in Hot Weather." (2017). CDC. <https://www.cdc.gov/features/extremeheat/index.html>
2. "Sun Safety." (2018). CDC. https://www.cdc.gov/cancer/skin/basic_info/sun-safety.html