

# ACTIVE OTTUMWA



It has been busy at the Active Ottumwa office as part of the downtown revitalization! Come check out the progress!

## Active August!

August was busy for the Ottumwa Community! Fly Ottumwa was held August 24<sup>th</sup>-26<sup>th</sup> and show cased the history of aviation with displays of airplanes and exciting airshows! #flyottumwa

On August 31st The Beach Ottumwa held it's annual Dog Paddle to celebrate the official end of summer with your furry friend.



## August In Review

2018

## PAL Spotlight



## CAB Spotlight



We would like to highlight our CAB member Molly Layton this month. Molly is Clinical Director of Quality at River Hills Community Health Center. Molly assisted with the final designs and questions for the recent Ottumwa Community survey. We appreciate Molly sharing her time and talents with Active Ottumwa. Thank you, Molly!

Zonia Pereira has been instrumental in establishing the Latina classes. These classes continue to grow and are now offered three times a week! Thank you Zonia for your dedication to Active Ottumwa's mission to keep Ottumwa moving!

## Upcoming Events

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

- The International Festival on Saturday, September 29<sup>th</sup> to enjoy the many cultures Ottumwa has to offer!

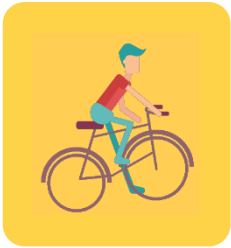
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## Tip of the Month

Did you know that extended periods of screen time have been found to increase your risk of becoming overweight or obese?<sup>1</sup> By cutting down on your time in front of your phone, TV, or computer, you can live a more active lifestyle and improve your health! The Iowa Department of Public Health is promoting the **5-2-1-0 Healthy Choices Count initiative**.<sup>2</sup> 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 few months, we will continue to break down this initiative and provide tips so we can all live a healthier life!

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Extended screen time can hinder you and your family from living an active lifestyle. Aim to limit your recreational screen time to less than 2 hours a day using these tips!



### Unplug and get active!

The warm weather will quickly come to an end, so unplug and get active by participating in fun summer activities while there is still time.



### Spend quality time with others!

Make an effort to spend time with family and friends in situations where you may normally be distracted by electronics.



### Hold yourself accountable!

Try to keep track of your screen time. Remember, less than 2 hours of screen time a day is ideal!



### Encourage each other!

Instead of communicating with friends through technology, get together and work toward your health goals by being active and spending time together.



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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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[www.activeottumwa.org](http://www.activeottumwa.org)

1. "Why 5-2-1-0 Works" (2018). IDPH. <http://www.iowahealthieststate.com/resources/individuals/5210/why5210works/>

2. "5-2-1-0 Health Choices Count." (2018). IDPH. <https://idph.iowa.gov/nutrition-physical-activity/healthy-choices>