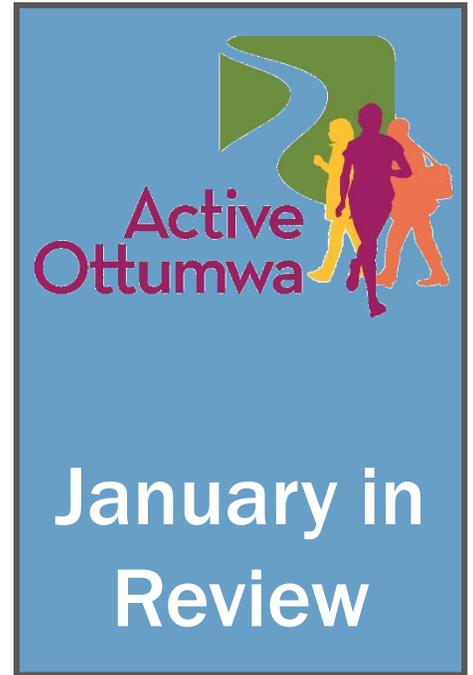


ACTIVE OTTUMWA



Hy-Noon Kiwanis presentation



2019

PAL Spotlight

Active Ottumwa in the community

Active Ottumwa activities were very sought after in January!

- Mary Hart and Stacie Rogan assisted Sandy in an interview with KTVO with great success. Thank you, ladies!
- Presentations were also done with the Hy-Noon Kiwanis, a civic group that is focused on making a positive impact on children's lives in Wapello County. Sandy also chatted about Active Ottumwa at the Dialysis Support group.
- The Noon Lions presentation was canceled due to inclement weather, but hopefully will be rescheduled.
- **Should any of you like to attend a presentation and share your Active Ottumwa story, Sandy would love to have you come with her!**

Upcoming Events

Mark your calendar for Saturday, February 23rd and Sunday February 24th and come assist Sandy at the **Home and Garden Show at Bridge View Center!** Help would be appreciated on Friday the 22nd too! This is a wonderful opportunity to share your story about Active Ottumwa! These community events make the world of Active Ottumwa go round and help bring future participants to our programs. Ottumwans want to hear about the program from YOU, our biggest community supporters!



Dana Overturf is a dynamic instructor of Dance Fitness! Her dedicated following of participants clearly demonstrates this! When not busy encouraging others to be active, Dana loves spending time with her grandchildren! Thank you for your leadership!

ACTIVE OTTUMWA

Tip of the Month

Are you having difficulties finding new participants to join your Active Ottumwa activity? Connecting with those outside of your close group of friends and family can increase the number of new people trying Active Ottumwa programs, result in new and lasting friendships for you and your participants, and can fill up your fitness classes. Make it a goal to get new participants for your fitness classes by following these tips!

RETHINK YOUR SOCIAL CIRCLE!



Your social circle isn't just your close friends and family! Think outside the box to include co-workers, community members, and acquaintances! ¹ For example, talking to co-workers over lunch may spark them to get involved!

USE YOUR STRENGTHS!



Each of you has a unique set of strengths as a community leader to recruit new participants! Use your involvement in the Ottumwa community to spread the word and get others involved in Active Ottumwa! ²

SHARE WHAT YOU'VE GAINED!



Talk to potential participants about what you've gained from being a part of Active Ottumwa! Share about the great friendships you've formed, healthy lifestyle choices you've made, and community connections you've grown! ³

1. National Cancer Institute (U.S.). (1995). Theory at a glance: A guide for health promotion practice. Bethesda, Md.?: U.S. Dept. of Health and Human Services, Public Health Service, National Institutes of Health, National Cancer Institute.

2. Earp, J. A. L., Viadro, C. I., Vincus, A. A., Altpeter, M., Flax, V., Mayne, L., & Eng, E. (1997). Lay health advisors: a strategy for getting the word out about breast cancer. *Health Education & Behavior*, 24(4), 432-451.

3. Carr, S. M., Lhussier, M., & Forster, N. (2017). Lay health advisers: scoping the role and intervention landscape. *Journal of healthcare leadership*, 9, 59.



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In Review

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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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