

ACTIVE OTTUMWA



October 2018 in Review

The end of September also found Active Ottumwa at the Senior Lifestyle Expo held at the Bridge View Center. The colorful display had many people stopping by the table to see what Active Ottumwa is all about!

Becky Bucklin with Active Ottumwa & Gene Rathje leading the Healthiest State Walk



Participants and PALs walked in the annual Iowa Healthiest State Walk on October 3rd by meeting at Bridge View Center and walking the trails!



CAB Spotlight



Claudia Gates has been a positive and supportive Active Ottumwa in many ways, one of which is having fun at the Job Corp Fair held earlier this year at Quincy Place Mall! Thank your Claudia for your participation in Active Ottumwa!

#getactiveottumwa

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Tip of the Month

Did you know that drinking sugar-sweetened beverages can lead to weight gain, dental cavities, diabetes, and heart disease?¹ 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 last few months, we have broken down this initiative and provide tips so we can all live a healthier life!



Reducing the number of sugar-sweetened beverages you consume is good for you and your family!
Aim to drink 0 sugary beverages a day!



Spice up your water!

If you don't like the taste of plain water, try infusing it with fresh fruits to give it a sweeter taste!



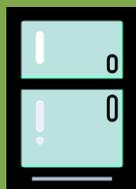
Get a reusable water bottle!

Bring a reusable water bottle with you to work, and then use it again when you attend Active Ottumwa classes!



Choose water!

When you work out and are active, choose water to quench your thirst instead of sugary sports drinks!



Create a healthier environment!

Talk to your family about the health consequences of consuming sugary drinks, and only keep healthy drinks in your fridge!



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