

ACTIVE OTTUMWA



The Physical Activity Leaders honored at annual dinner!



September
In Review

2018

PAL Spotlight

September Celebrated!

The AO team has been busy this month!

- On September 25th AO PALs enjoyed dinner, awards and cake (of course) at Appanoose Rapids Restaurant as a small token of our appreciation for all they do all year long! Thank you, PALs!
- Active Ottumwa also had fun at the International Festival on September 29th to enjoy the variety of cultures that Ottumwa has to offer!

CAB Spotlight



We would like to highlight our Himar Hernandez as our CAB member for September! Himar is a positive and engaging advisory board member who also enjoys celebrating Ottumwa with his delightful daughters and friend! Himar is a representative Iowa State University. We appreciate his enthusiasm and interest in AO and the Ottumwa community to encourage growth in positive ways! Thank you, Himar!

Our PAL of the month is the one and only Twila Foster! Twila has been a PAL since the start of the activities and supports AO not only as a PAL, but also as an active participant in Water Walking! Congrats, Twila, and thank you from Active Ottumwa!



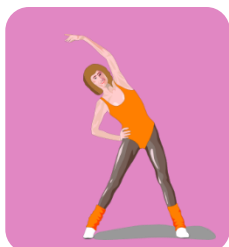
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Tip of the Month

Living an active lifestyle is not only essential for weight management, but can also prevent chronic diseases such as heart disease, colon cancer, diabetes, and osteoporosis!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 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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Regular exercise can make you feel good both physically and mentally. Aim to participate in **1 hour or more of physical activity a day** using these tips!



Attend an AO Fitness Class!

Active Ottumwa offers free fitness classes every week. If you already attend these classes, try out a new one with a friend!



Get outside!

Take advantage of the crisp fall days! Physical activity doesn't have to be intense. Even taking your dog on a walk is good for you!



Choose the healthy option!

Being active can be as easy as choosing the healthy option! Bike/walk to work instead of driving, or park further away to get more steps in!



Get active with your family!

Physical activity doesn't have to be a solo activity! Schedule time to be active with your family to get healthier and build relationships!



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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.



Active Ottumwa Main Office:

205 E Main Street
Ottumwa, IA 52501
(641) 684-6151

www.activeottumwa.org

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