

About Active Ottumwa:

Mission: *Active Ottumwa seeks to support accessible, affordable, and sustainable physical activity programming for Ottumwa adults by building our community connections through partnerships leading to a healthy, positive, and vibrant Ottumwa.*

To encourage community members to use Ottumwa's parks and recreational facilities for physical activity

To increase the number of Ottumwa community members who are physically active

Active Ottumwa by the Numbers (March 1 2016-December 31 2018):

Active Ottumwa takes scientifically proven strategies to increase physical activity and makes use of the unique strengths and offerings of the Ottumwa community. We train and support volunteer Physical Activity Leaders (PALs) to offer free physical activities throughout Ottumwa. Since March of 2016, Active Ottumwa has hosted:

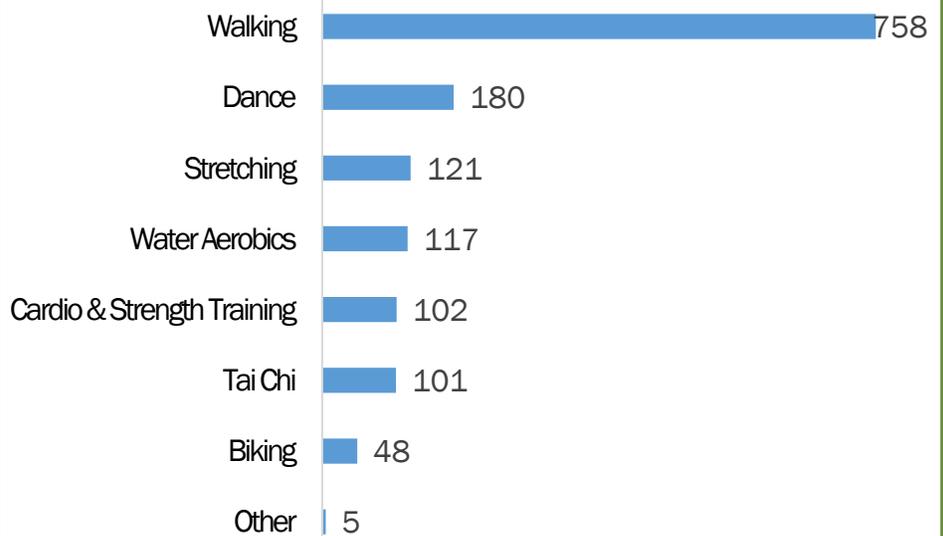
1,432
Total activities

with **670** unique participants

returning **10+** times on average

Activities were held in **25** locations.

PAL Led Physical Activities



What do people say about Active Ottumwa?

What are our Physical Activity Leaders (PALs) saying?



“Active Ottumwa is a great way to encourage my hometown to exercise in a variety of free programs!”

“(through Active Ottumwa) I have formed friendships with (many regulars), the(se) regulars of about 10...are connected and support each other...and have really bonded.”

“I like water aerobics and Tai Chi and loved walking in the Octoberfest parade with other PALs. I also loved the PALs celebration and presentations.”

What are our participants saying about Active Ottumwa?

“They (AO staff) does a great job! The social support has been great. (I) like the variety of activities.”

“I really enjoy the volunteers that are involved.”

“Keep up the good work.”

“I am on a fixed income so (I) appreciate the free classes, especially Tai Chi.”

“I hope they do not take away the program and to not reach the point that we have to pay because that is the main incentive...the classes have benefited (me) in all health, in stress...and the support from friends that (I) have made here.”

“I plan to attend more when I am retired soon.”

2018 Community survey results about Active Ottumwa:

Have you heard of Active Ottumwa?

55%

of surveyed Ottumwa residents had heard of the Active Ottumwa Program.

Have you attended an Active Ottumwa activity or class?

14%

of surveyed Ottumwa residents said they had attended an Active Ottumwa activity.

Our program works hard to be apart of the Ottumwa community. Since October of 2014, we have attended 136 community events and meetings. We additionally have partners and collaborators in more than 80 community businesses, organizations, and groups.

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