

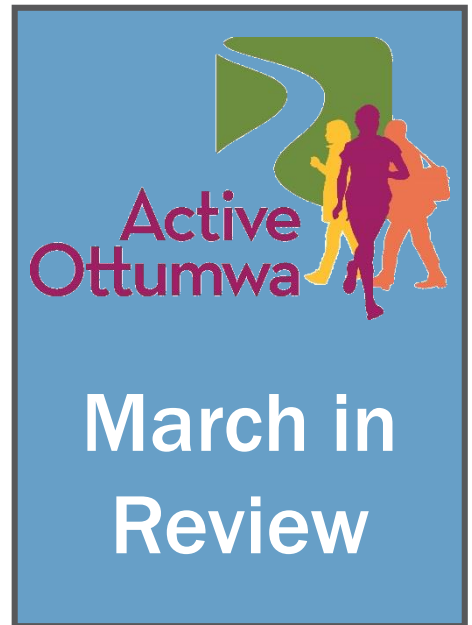
ACTIVE OTTUMWA



PALs lunch at El Rancho to welcome Natoshia Ackleson to Active Ottumwa!

From left to right:

Betty Panlaqui, Remi Panlaqui, Natoshia Askelson, Robin Ragen, Vern Slaymaker, Peggy Wixom, Jo Slaymaker, Dana Overturf, Stacie Ragen, Becky Bucklin



2019

CAB Spotlight

March Shenanigans

Please join me in welcoming our newest PALs, Sherri and Katie Hamann who led walking groups at Bridge View Center on Mondays, Wednesdays, and Fridays at 9:00 am! Sherri and Katie come to us from Cantril (home of the Dutchman's Store!) Welcome to Active Ottumwa!

Active Ottumwa in the Community

Active Ottumwa sponsored the 3point Wheel Chair Basketball winner at the YMCA on March 2nd! The YMCA has many activities to offer to our community, so be sure to follow them on Facebook!

The North HyVee Health Fair was also held on March 2nd and Becky Grave was kind enough to display our information. Any nutritional questions? Becky is the one with the answers!

Sandy was invited to speak at the Ottumwa Newcomers meeting on March 20th, at the Ottumwa Social Club joining Mayor Tom Lazio and Parks Director Gene Rathje. Active Ottumwa events, other local activities, the beautiful Ottumwa trails and The Beach Ottumwa were discussed. Check them out!



CAB member Claudia Gates is very active with Active Ottumwa! Claudia has been a board member since 2014 and is part of the 2018 survey planning committee, along with the sustainability committee. Thank you Claudia for your service to Active Ottumwa!

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Tip of the Month

Keeping a steady number of participants for your physical activity program can sometimes be challenging. Everyone has times where things come up in their lives, but creating a consistent schedule for your physical activity programs can help increase and maintain participation!¹ Check out the tips below to help improve the consistency of the days and locations for your physical activity programs!

PLANNING FOR THE UNEXPECTED



We never know what life is going to throw at us, but have a plan when it throws you a curveball! Find another PAL who can cover your class if an emergency arises. If your program continues to be held even if you aren't there, it will help keep the participants you have and, with this increased consistency, even grow your class!

COMMUNICATING WITH PARTICIPANTS



Find a way to communicate with your participants if the day or location of your program happens to change. Use your social media skills to make sure everyone is on the same page about the class schedule!

CHECKING WITH YOUR PROGRAM LOCATION



Make sure that the location that your program is held at is ready for your class! Having a consistent day and location for your programs will help build routine for your participants and make them more likely to keep coming back!



March In Review

2019

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

1, Heirich MA, Foote A, Erfurt JC, Konopka B. Work-site physical fitness programs: comparing the impact of different program designs on cardiovascular risks. *J Occup Med* 1993;35:510-7.