

Brought to you by  
**Havasu  
Healthy Striders**



The Healthy Striders  
Committee:  
Linda Scoles, Chairperson

Debbie Hypes  
Jan Klatt  
Connie McDaniel

Visit the HCHF website for  
more information about the  
first three activities in the

**Community  
Corner**

**Get on  
Your Feet!**

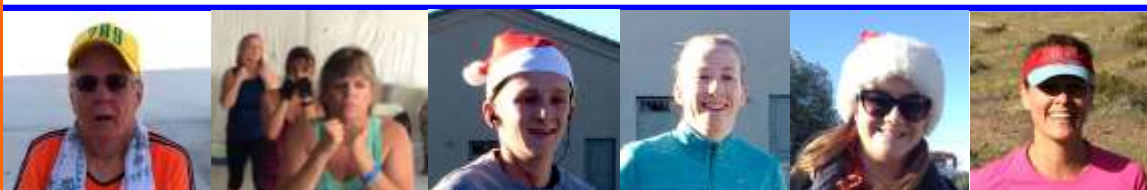


Under the umbrella of  
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# Walker of the Month — August 2018



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August 2018

## Walker of the month Sandy Alami

Sandy Alami is our walker for Aug. She is 69 years young, been married for 36 ½ years (awesome Sandy!!), has 2 daughters and 1 granddaughter. Her youngest daughter passed away in 1974. She says they bought their home in 2011 and moved in 2017 when they retired.



Sandy says she exercises for her health and to lose weight. She currently is having some knee and neck issues as well as arthritis problems so not exercising like she likes. She is doing Silver Sneakers exercise class at Titan Fitness and walking when she can. Before her knee got bad she was walking with a great bunch of ladies at Rotary Park on Saturday mornings. (We miss you Sandy!!). She also likes walk on McCulloch.

Sandy says walking has helped her high blood pressure and cholesterol, COPD and arthritis. She just got an injection in her knee so she is hoping to get back to walking regularly.

Sandy says your health is so important so take care of it. She says walking is the best and cheapest form of exercise. She says she has met many new friends on her walking journey. She says she wants to live the best life she can and she can't live if she's lying around!! If you have wanted to get more active try joining a fitness center, go to a park and walk with friends or meet new ones, get healthy and live your best life and

**"Get On Your Feet!!"**

## Community Corner

Free Family  
Swim Day  
August 4, 2018  
Noon to 4:00 pm  
At the  
Lake Havasu  
Aquatic Center

Watch for details  
on our Annual  
Jingle Bell Walk  
& Fun Run in  
December.



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[www.havasucommunityhealth.org](http://www.havasucommunityhealth.org)