

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!**

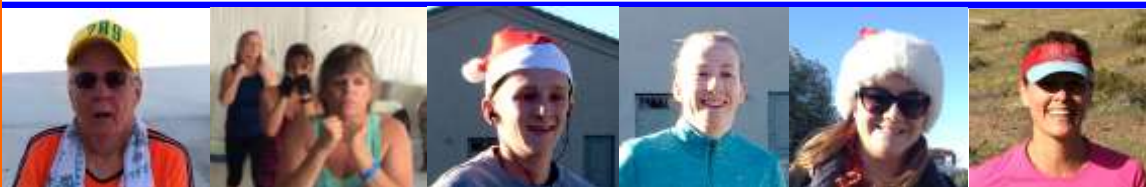


Under the umbrella of
**Havasu Community
Health Foundation**

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Walk'n Talk— May, 2017



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We hope everyone is taking advantage of the beautiful Havasu weather!! If you enjoy walking, running, kayaking or going to the gym just keep on moving!! Whatever your sport, it's important to stay hydrated!!! Drink plenty of water before, during, and after your workout.

Mark your calendars for Havasu Stick-um and the free swim day Aug 5th, 2017. Check with the Havasu Community Health Foundation for details. This is a great day to get school physicals, there will be lots of vendors, and you can enjoy free swimming from 12:00-4:00 pm!! This is the Havasu Healthy Striders' way of thanking our community for supporting our events and to get everyone off the couch and moving!!

This is the last newsletter until October- just in time for the Breast Cancer Awareness Walk and Health Fair, so watch for details. The Walker of the Month will continue. The Havasu Healthy Striders hope you all have a wonderful and safe summer!!

Walker of the month Donna Warren

Donna Warren is our walker for May. She is 47 years young, married to John, and they have a daughter living in Lake Havasu. Donna lives in Homer Alaska, but she has spent the last 8 years wintering here with her husband. They are owners of The Salty Dawg Saloon and Homer Beachside Cabins in Homer.



Donna says she has always been active and hopes to continue to maintain a healthy lifestyle. Her health is very important to her, and she wants to ensure that she will be able to do everything to live a happy, long and healthy life.

Donna exercises every day at Havasu Fitness with Dawn Alward and Larry Lutz for personal training and Zumba with Jill Fry Connor. She tries to walk Rotary Park every day unless she is hiking with friends. She has also spent a lot of time at Titan Gym boot camps with Sandy Hickox and her amazing Zumba classes. On Fridays she does kickboxing with Carol Christenson to get a great workout. She also spends time just enjoying outdoor activities like hiking, biking, kayaking and paddle boarding on the lake.

Donna says exercise has helped her stay strong and healthy. She says to get moving and keep on moving!! She says exercise will keep you in shape and keep your heart healthy. If you want to get stronger, get in shape and have a healthy heart get moving and **Get On Your Feet!!!**

Community Corner

August 5th is the
Free Swim Day
and Havasu
Stick'em!! Watch
for details.

Saturday walks
are at 6:30 a.m.
in front of the
swim area at
Rotary Park. !



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