

# Walk'n Talk—January, 2018

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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Over 150 people came out for a very successful Jingle Bell Walk! We had wonderful weather, wonderful participants and wonderful ugly sweaters!! A great big thank to all who came out to join us for this fun event!! Thank you Rachel Clayton for the great Zumba demo!! Some pics are attached; like us on Facebook to see them all.

Mark your calendars for the second Spring into Health, February 11<sup>th</sup>, 2018. There will be Zumba, a High intensity workout, Yoga, a 4-mile trail run and walk, a 1-mile trail walk, Zumba Strong, Kettlebell training and much more. If you ever wanted to try any of these, now is your chance!!! Fun for the whole family! Registration is \$10 per person and includes everything! Call the Havasu Community Health Foundation (928-453-8190) for more information.

## Eileen Schwarz

Eileen Schwarz is our walker for January!! She is 63 years young and widowed. She has 2 sons and 2 beautiful grandchildren: Adriana will be 4 in January and Gabriel is 4 months old. She and her husband bought their first home in Lake Havasu in 2002 and they traveled back and forth from California until she retired in 2006. They started to live the retirement life until he was diagnosed with lung cancer in 2008 and was not able to win that battle.

Eileen works out and lives a healthy lifestyle for her grandchildren. She wants to be able to run and play with them and not be the grandma that cannot keep up with them. She also works out for herself as it makes her happy and keeps her stress level down. Working out pushes her to challenge herself, and when she is struggling to keep motivated she challenges herself to see how many extra miles she can log in for a month in addition to her regular workouts. She says she logs extra miles by biking, running, walking, kayaking and paddle boarding. Living in this beautiful town makes this easy and accessible to do these outside activities 8 months out of the year. She says she works out 6 days a week, 5 of them at Titan Gym and on weekends she gets an extra run in. She likes to walk/run and bike at Rotary Park, on the Island or around town.

Eileen says she definitely works out for her wellbeing and would like to encourage everyone to try and walk even if it's just for 15 minutes a day; before you know it will turn in to 30 and so on. She says a mile is a mile whether it's a 20 minute mile or a 12 minute mile. She says every little bit counts so just keep moving. If you have difficulties working out or walking remember to do what is good for you. She says your body will let you know what it is capable of. Sometimes baby steps are the best for the person who is not used to daily exercise in their life. So find whatever works for you, whether its 15 minutes or an hour and just

**Get On Your Feet!!!**



## Community Corner

**"Spring into  
Health" Feb.  
11<sup>th</sup>, 2018!!**

**Saturday walks  
are now at  
7:00 a.m. in  
front of the swim  
area at Rotary  
Park.**



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*Jingle Bell Walk  
2017*