

Walk'n Talk—April, 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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Hope everyone is enjoying the nice weather and getting out there to walk, run, bike, hike or any other exercise you prefer!!

It's that time of year to stay hydrated!! Please be sure you are drinking enough water!

We are planning some great walks for next year so watch for them in your newsletter!!! If you are interested in volunteering or being on our committee, please let me know!!

Community Corner

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

Walker of the Month David Green

David Green is our walker for April. He is 62 years young and will celebrate 36 years of marriage in June.

That's awesome!! He and his wife have no children and they moved to Lake Havasu 14 years ago from Ft. Wayne, Indiana. He worked as a custodian at Havasupai Elementary.

Dave has always kept active and has exercised as part of a weekly routine for most of his life. Running has been a big part of his life for the last 1 ½ years. It started as a one-time challenge to run a 5K, and turned into a normal part of his week. He enjoys the personal challenge, and the fact that he feels better now than he has in 15 years.

Dave runs 3 times a week and enters 5K's, trail runs and signed up for the Laughlin half-marathon last March. Hope you did well!!! He also does weights, planking and pushups several times a week. He exercises at home, runs on the Island, Sara Park trails and has a couple routes on the streets by his home.

Dave exercises for heart health, weight control and **he loves to eat...everything. And he just plain feels great!!** He says exercise is just good for you, allows you to meet great people and helps you to feel better!! So take care of your health, feel great and



Get On Your Feet!!!

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