

Walk'n Talk—May, 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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With the weather getting warmer, you need to be sure you are staying well hydrated. According to John Batson, M.D., if you are well hydrated your heart does not have to work as hard and your muscles work more efficiently. The amount of water you need depends on climate, clothing, exercise intensity and duration. A good rule of thumb is to weigh yourself before you exercise and after. For every lb. of sweat you lose, that's a pint of water you need to replenish according to Dr. Batson. This is the last newsletter until September, but the Walker of Month will continue. We hope everyone has a great safe summer!

Community Corner

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

Walker of the Month Jackie Goodwin

Jackie Goodwin is our walker for May!! She is 56 years young and has been married for 5 years. She and her husband have 4 kids and 5 grandkids between the two of them. She was married previously for 23 years, but her husband passed away; so sorry for your loss. Jackie moved here from La Quinta, California 3 years ago. She retired from private golf clubs (The Quarry in La Quinta and the Vintage Club in Indian Wells) where she was a controller. Jackie says exercise has always been something she does **just for herself. It helps keep her calm when the "world is crazy"**-her own personal world or the great big one!! She tries to exercise daily, at least 4-5 days a week at the gym; she also does yoga every day. She loves Titan Gym and says all of the instructors are awesome! She also loves walking at Rotary Park and her all-time favorite is paddle **boarding as long as it's not windy!**

Jackie says exercise has helped with stress, but since **moving to Havasu she doesn't think she has any!** She says if you want to feel better, take a walk and breathe deeply because it truly works wonders!! So get off the couch, reduce your stress, feel better and

Get On Your Feet!!!



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