

Walk'n Talk—December, 2018

Brought to you by
**Havasu
Healthy Striders**



**The Healthy Striders
Committee:**
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Kyra May
Connie McDaniel
Heather Minery
Vilma Urbina

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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By the time this article is published, the Jingle Bell Walk will have been completed. Hopefully it was a big success!!! I'd like to say a big thank you to all participants and volunteers!!! This is such a fun family event and our favorite!!!

We have a lot of ideas for future walks/runs, so be sure to keep informed. If you are on Facebook please "Like" the Havasu Healthy Striders to stay connected.

I'd also like to thank everyone who supports us throughout the year!!! We appreciate it so much!!

Walker of the month Gloria Hart

Gloria Hart is our walker for December. She is 68 years young and has been married for 49 years this month! Congratulations Jim and **Gloria!! That's pretty awesome!!**

They have 2 sons, Jonathan and Geoffrey, 4 grandsons: Jayden, Brendon, Camden and Tyler and a granddaughter Piper. They have lived in Havasu full time since 2005 but bought their first house in 2001 as a vacation home. They moved from Fountain Valley, California, and she is a beach girl all the way!!! She is retired but volunteers in a 1st grade classroom at Havasupai School.

Gloria says exercise helps to keep her joints moving and keeps her active. She loves to do planks (haha!!) and loves all the people she works out with (we love you too Gloria!!).

Gloria is at Titan Gym 4-5 days a week, golfs as often as she can and kayaks weather permitting. She also cares for and chases her 3 year-old granddaughter 4 days a week. That will definitely keep you active!!

Gloria thinks working out helps her mind, body and disposition. She is sure the benefits of walking, working out or just keeping busy are a must as you age. Move it or lose it as they say!! The weather is great for walking, kayaking or whatever your workout choice is, so get out, and clear your mind, get healthy and

Get On Your Feet!!!



Community Corner

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



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