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**Havasu
Healthy Striders**



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Visit the HCHF website
for more information
about the first three
activities in the

**Community
Corner**

**Get on
Your Feet!**



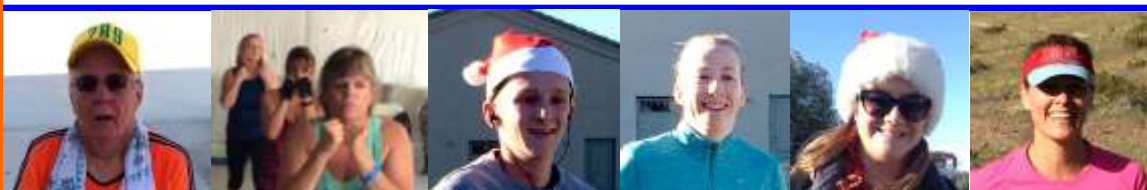
Under the umbrella of
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Walk'n Talk—January, 2019



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The Healthy Striders hope everyone had a very Merry Christmas and that the New Year brings health and happiness to you all!!!

Over 150 men, women, children and lots of dogs came dressed in Christmas colors and ugly sweaters for our Jingle Bell Walk!!! A big thank you to everyone for supporting our fun family event!!! Thank you Jenny Slettabo for the fun Zumba demonstration!! It was so much fun, Pebbles the puppy wanted to join you!!!

The Ugly Sweater Contest was won by Sergeant Kamyn Deparini (thank you for your service), who is also our walker of the month for January and was the first one to finish the 5K!! Please take the time to read about this amazing young man!! Second place was a tie by sisters Elaine Moreno and Gloria Armijo, and we did not get the name of our 3rd place ugly sweater, so sorry about that!! Myra Hendricks was the winner of the big exercise basket, and lots of other great baskets were won by others!! We are making some fun changes next year so mark your calendars for December 7th, 2019!!!

Thanks again for supporting the Healthy Striders!!!!

Community Corner

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



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Ugly Sweater Winners

Kamyn Deparini



First Place

Elaine Moreno & Gloria Armijo



Second Place



Third Place

Basket Winners



Walker of the Month—January 2019

Kamyn Deparini

Sergeant Kamyn Deparini is our special walker for January. He has been in the United States Marine Corps for about 8 years. He joined the Marines because he felt the need to contribute to something having a meaningful impact on the world on a day-to-day basis. Prior to joining the Marine Corps, he was attending college to become an EMT. He worked at McDonalds, had an apartment, but overall was unhappy. He says the Marine Corps has taught him a lot of valuable life lessons and forced him to grow up and strive to be successful in everything he does, including fitness. He has been deployed twice, once to the Middle East and once to Central America, and is no longer enlisted in the Marine Corps as of December 2018. I would like to personally thank Kamyn for his service!!!! The Healthy Striders were honored to have Kamyn join us at our Jingle Bell Walk, where he was the first one in and also won the Ugly Sweater Contest!!! Great job on both!!!



Kamyn is 27 years young and is married to Katelyn. They currently have no children. He has only been in Lake Havasu for about a month now, but his wife has lived here for most of her life. They met in San Diego while he was stationed there. They moved around quite a bit living in California and North Carolina before he was told he would be going on his second deployment. They figured it would be beneficial for his wife to move back to Arizona to be near her family, and now they own a house here.

Kamyn says he exercises quite a bit depending on whatever it is he is trying to accomplish and adjusts accordingly. He says on an average he likes to exercise 6 days a week and do cardio 2 days a week. Recently he trained and completed the Marine Corps marathon because it was a life goal to run one. Congratulations on completing that goal!! For that he needed to build up a lot of cardiovascular endurance and would run 5-6 days a week, box 4 days a week (which is great cardio builder) and lifted weights 2 days a week. Occasionally he would mix in some High Intensity Interval Training or swimming because it's also a great cardio builder and has a low impact on joints.

Kamyn says he has always been a pretty active person, but the Marine Corps made him want to actively train to accomplish things. He had a mentor in the Marine Corps by the name of Scott Brewer, who eventually got out and he believes is now a high performance coach, power lifter and accomplished some crazy goals like a 50 mile Ultra Marathon. He says Scott showed him how to properly lift weights and developed workout programs for him that were tailored to his goals and even taught him how to calculate macros when dieting to help him reach his goals as efficiently as possible. Without Scott's help he doesn't think he would be anywhere near as successful as he has been with his personal fitness, because it can be kind of overwhelming when you are just starting out and there are so many myths out there that are easy to fall into.

Kamyn says he exercises to be able to do anything he sets his mind to. He likes the idea that if there is something he can't accomplish it's because it's not humanly possible, not because he didn't have the drive to do it. In the Marine Corps lifestyle you have to maintain a level of fitness, but he doesn't like doing the bare minimum. He says everything is a competition to him, and he does not like letting people down. Whether its board games, ugly sweater contests, or fitness he always tries to do his best so that when someone does outperform him, it's a genuine accomplishment and he believes that creates mutual respect.



Kamyn says if you want something you've never had, you must be willing to do something you've never done. "Thomas Jefferson". He says, "No one is gonna hit as hard as life but it ain't about how hard ya hit. It's about how hard you can get hit and keep moving forward and how much you can take and keep moving forward". He says that's how winning is done!!! "Rocky Balboa". So let's all hit it hard and get out there and

"Get On Your Feet!!

2019 Jingle Bell Walk & Run

