

Brought to you by  
Havasu Health  
Walk Challenge



HHWC Committee:  
Linda Scales,  
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**

Located in  
The Shambles Village  
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# Walk'n Talk—January, 2017



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January 2017

Mark your calendars for the first ever "Spring Into Health" event March 18<sup>th</sup> at the Rodeo Grounds!!! We are planning a 4 mile run, a 1 or 4 mile walk, yoga, Zumba, Zumba Strong, a guided hike, Cross Fit, Frisbee Golf demos and much more. The cost for this all-day event is \$25 for adults and \$10 for kids under 15 and free for kids under 5 years. There will be beer and food vendors. We are having a band start at 2:00 pm, so hang around and listen to great music. We are still in the planning stages, so watch for updates in our newsletters!!!

You can register online at [www.havasucommunityhealth.org](http://www.havasucommunityhealth.org) or you can come to the Havasu Community Health Foundation at 2126 McCulloch Blvd, Suite 7. Feel free to call 928-453-8190 if you have any questions.

Registration on the day of the event starts at 7:00am. The run starts at 8 am and the walk at 8:30. All other times will be announced at a later date.

## Funnies

The only exercise they get is running after the Good Humor truck!!!

## Walker of the month Sigrid Shaw

Sigrid Shaw is our walker for January. She is 74 years young, is married, and has a son and daughter living in Wisconsin. She spent 33 years in education and retired 13 years ago. She and her husband split their time between Lake Havasu and Wisconsin.

Sigrid said shortly after she retired her doctor wanted to put her on medication, **so she knew it was time to lose weight and get moving.** She's lost 70+ lbs (awesome!!) in about 2 years, through diet and exercise and miles of walking!

Sigrid exercises a minimum of 4 days a week. Three days of those days she does the Silver Circuit at Anytime Fitness. She plays golf one day a week in a league, and tries to get walking miles in on other days. Her Garmin wants her to do 10,000 steps daily. She says weight and cholesterol got her started; now exercise is part of her daily routine.

Sigrid says walking is the least expensive and most effective thing she has found. The first step is the hardest. She loves to run and still runs a 5K as often as she can. So start with the first step and

Get On Your Feet!!!



## Community Corner



"Spring Into  
Health" March  
18<sup>th</sup>, 2017!!!

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



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[www.havasucommunityhealth.org](http://www.havasucommunityhealth.org)



2016  
Jingle  
Bell  
Walk N  
Run



