

Brought to you by
Havasu Health
Walk Challenge



HHWC 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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Walk'n Talk—February 2017



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We are changing our name! The Havasu Health Walk is becoming "The Healthy Striders"!! The transition will be taking place within the next few months. Our newsletter will stay the same.

Registration has started for our brand new event, "SPRING INTO HEALTH". It will take place March 18th at the rodeo grounds. The cost is \$25 for adults and \$10 for kids between ages 5-14 years old. The schedule of events is attached, along with a Strength Competition form.

In addition to our scheduled events we will have healthy and fun food, a juice and fruit bar, vendor booths, a band, fun activities for kids and a beer garden. Registration starts at 7:00 am and the first event, a 4-mile run, starts at 8:00 am. For more information feel free to call the Havasu Community Health Foundation at 928-453-8190. Come on out and enjoy this all-day event!!!

Funnies

I gave up exercise when I broke my nose doing push-ups!!!

Walker of the month Angie Johnson

Angie Johnson is our walker for February. She is 53 years young and has been married to her second husband for 5 years. She has 3 children from her first marriage and 5 grandkids, with another one due in August.

Congratulations!! She retired after 32 years in the executive office of the Los Angeles County Board of Supervisors. She has lived in Lake Havasu permanently for 2 ½ years but has considered herself a resident for over 20 years.

Angie initially began exercising to become healthier and now exercises for the pure joy she gets from accomplishing the smallest milestone. She does some sort of exercise 6 days a week and rests on Sunday.

Angie jogs approximately 7 miles from her home and through Sara Park. She has also joined Titan Gym, where she goes a few times a week, and **Fitness by Marla's boot camp, where she goes 6 days a week.** She also hikes several times a week, runs the ATV trails once a week and takes strolls down the channel during the evening with friends a few times a week.

She has no health issues other than being overweight, and exercise has helped alleviate that problem. She remembers seeing a picture of herself and was astounded by her weight gain. So she started walking in her neighborhood, and has since gone from a size 16 to a size 4. Awesome!! She wants to call herself healthy, fit and active. Plus, she **didn't want to grow old and feeble and unable to keep up with her grandkids.**

Angie says to take one day at a time, and know you can do it. You are in competition with no one but yourself: it just takes putting one foot in front of the other. So just put one foot in front of the other and

Get On Your Feet!!!



Community Corner

"Spring Into
Health" March
18th, 2017!!!

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



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