

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**

Located in
The Shambles Village
2126 McCulloch Blvd. N.,
Suite 7
Lake Havasu City, AZ 86403
Phone: 928 453 8190
Fax: 928 453 8236

Walk'n Talk—March, 2017



Vol.10, Issue 03

March 2017

Have you ever wanted to try Yoga, Zumba, Zumba Strong, Frisbee Golf, Kettle Bells, MTB racing, hiking or competing against the strongest in Havasu? If so, "SPRING INTO HEALTH" is for you!! The date is March 18th at the rodeo grounds, and the cost is \$25 for adults and \$10 for kids between the ages 5 and 14 years old. The schedule of events is attached, along with a competition registration form. We will have healthy and fun food, a juice and fruit bar, vendor booths, a band, fun for kids and a beer garden. Registration starts at 7:00 and the first event is a 4 mile run starting at 8:00. 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

My idea of exercise is ripping the paper off a Twinkie!!

Walker of the Month Dave Olday



Dave Olday is our walker for March!! He is 72 years young and has been married to Cheri for 9 years. He has one stepson from a previous marriage, and his wife has 2 sons from a previous marriage. They moved to Lake Havasu about 7 years ago from Fargo, North Dakota. He was a college professor for nearly 40 years and has been retired for over 8. He volunteers for the Havasu Community Health Foundation where he is the Chair of the Heart Society, Mended Hearts, as well as the Visitor Center.

Dave is a member of a senior walking group and walks 3.2 miles every M-W-F at Rotary Park and the channel. He enjoys walking, and says the socializing and the exercising has been vitally important for someone who had bypass surgery almost 17 years ago.

Dave says he exercises in various ways every day, including occasional golf and hiking, and does not stay sedentary!! Exercising has helped to him from becoming overweight and has probably helped ward off diabetes as well as helped to keep his arteries from clogging.

Dave says walking and exercise can be fun, especially with others, and it has significant health benefits. It generates friendships and generally results in people feeling better. So let's get up, get together with friends or make new ones and

Get On Your Feet!!!

Community Corner

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

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



Contributors:
Linda Scoles

Editor: Lori Miller
Contact: Linda Scoles
Phone: 928 208-9150
E-mail: larrylinda1@yahoo.com