

Brought to you by
**Havasu Healthy
Striders**



**Havasu Healthy
Striders 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—April 2017



Vol.10, Issue 04

April 2017

Our first "Spring Into Health" event was a success!! A great time was had by all!! We had beautiful weather for the run, walk and strength competition. Several classes were inside a cooled room that got a little warm with all the exercise!! Yoga, Zumba, Zumba Strong, and Kettle Bells had a lot of participation and everyone had a lot of fun. Several people stayed all day to try everything!

First place winner in the strength competition was CJ Vaughan, and second place was Julie Hoffman. Congrats to both of you!!

Thank you to the yummy food vendors: Marnie's Food Catering, Blended and Brewed, and Mudshark's Brewery. Great healthy tacos, hot dogs, smoothies, protein shakes, coffees and beer were available.

Thank you to Nifty Notions, HELO wearable health technologies and London Bridge Pet Partners for your vendor booths!!

Funnies

They are into heavy lifting; they carry their lunch to work!

Walker of the month Chris Webb

Chris Webb is our walker for April. He is 45 years young and married with 2 kids. He moved to Lake Havasu City from Palm Springs, California, 9 years ago. He is in health/financial lifestyle network marketing. He and his wife, Dani, are the owners of Team Shockwave Fitness & OCR training.



Chris says he exercises because it makes him feel good and motivates him to make others feel the same way. (He really does motivate people including me!) He exercises daily in his living room, his training center, the channel and Sara Park trails.

Over the past 4 years, Chris has lost 50 lbs (awesome!!), quit smoking, (awesome!!) and quit drinking (awesome!!). This has prevented health issues.

Chris says it's never too late. Surround yourself with the right people and you will hit your goals!! I follow Chris on Facebook. He and his family are so inspiring and help so many attain their goals! So get inspired, grab some friends who have similar goals and

Get On Your Feet!!!

Community Corner

A great big
thank you to
everyone
involved in the
inaugural Spring
into Health
event!!

Saturday walks
are at 6:30 a.m.
in front of the
swim area at
Rotary Park.

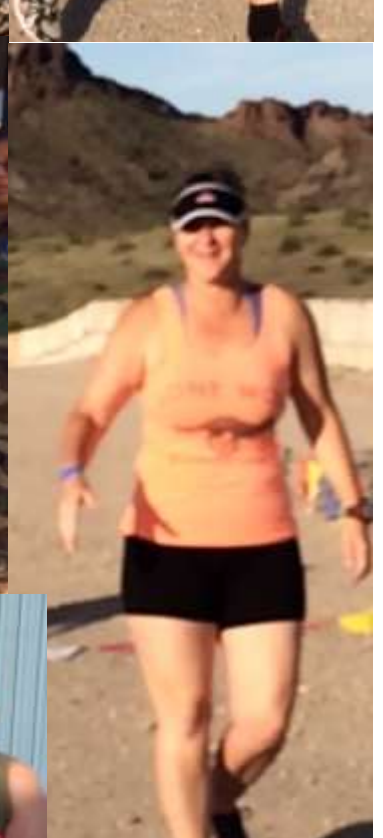
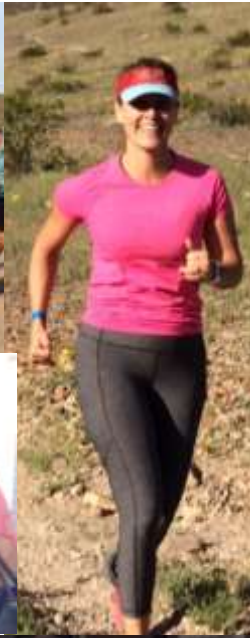


Contributors:

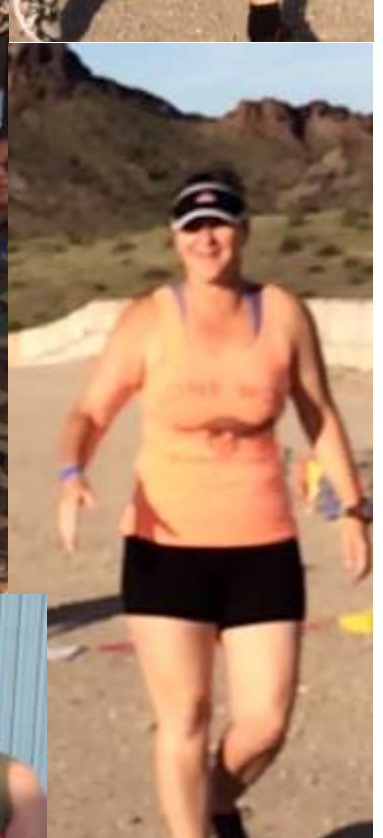
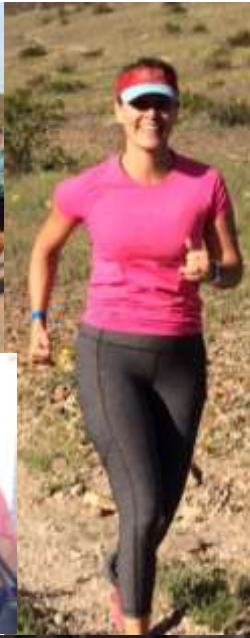
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