

Brought to you by
**Havasu Health
Walk Challenge**



HHWC Committee:
Linda Scoles,
Chairperson

Debbie Hypes
Jan Klatt
Connie McDaniel

**Jingle Bell
Walk N Run**
December 6
See Attached
Flyer/Registration
Form and
Count-down
Conditioning
Calendar



Under the umbrella of
**Havasu Community
Health Foundation**

Located in
The Shambles Village
2126 McCulloch Blvd., Unit 7
P O Box 1410
Lake Havasu City, AZ 86405
Phone: 928 453 8190
Fax: 928 453 8236

Walk'n Talk—October, 2015



Vol.8 Issue 06

October, 2015

Hope everyone had a spectacular summer!!! The HHWC is ready for another great walking season! For those of you who continued to walk in the heat, awesome!!!

The HHWC free swim was a total success! Apologies to those of you who were turned away because the pool was at capacity!!! It's so great that so many showed up. Thank you to the Havasu Elks Club for the delicious hot dogs!! They were enjoyed by all!

October 17th is the Breast Cancer Awareness Walk and Health Fair!! Mark your calendars!!

You can sign up online at havasucommunityhealth.org or stop by the office at 2126 McCulloch Blvd Suite 7, 928-453-8190. Registration is \$30 for the walk. Hope to see you all there!

Funnies

I signed up for an exercise class and was told to wear loose fitting clothes. If I had loose fitting clothes, I wouldn't have signed up for the class in the first place.

Community Corner

October 17

Breast Cancer
Awareness Walk &
Fun Run
&
Community Health
Fair

Call 855-5000 for
more info
Or visit HCHF
website

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



Walker of the month Joyce Harris

Joyce Harris is our walker for October. She is 55 years young and has been married for 12 years with 3 daughters and 9 grandkids. She is retired and winters in Havasu and lives in Wyoming the rest of the year.

Joyce is not a morning person but by the time she gets to Rotary Park she loves it!! She walks 4 days a week and goes to the gym the other days. She started walking to lose weight but has since met a lot of people at the park and looks forward to seeing everyone. She has no health issues but wants to be stronger so she can push harder at aerobics.

Joyce says once you get out and walk, meet new people and see the beauty of Havasu it makes it more enjoyable so does not seem like a workout!! All the parks in Havasu have their own beauty so grab some friends or meet new ones, go to one of the parks and enjoy the beauty and



Get On Your Feet!!!

Contributors:

Linda Scoles

Editor: **Lori Miller**

Contact: **Linda Scoles**

Phone: 928 208-9150

E-mail: larrylinda1@yahoo.com

www.havasucommunityhealth.org



**JINGLE BELL
WALK'N RUN-5K
& Ugly Sweater Contest**
Saturday, December 5, 2015



**Havasu Health
Walk Challenge**

Committee:

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**BRING \$\$\$
For RAFFLE**



Event T-shirts
(if ordered by Nov. 18)
will be available
at registration

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**You and your friends
are invited to
"Get on Your
Feet"**

**Celebrate the holidays
by getting off the
couch, donning your
ugliest sweater**

and joining our

**Walk or Run our 5K
For Health and Wellness!**

Grand Island Park on the Disc Golf Course

Malibu Drive and McCulloch

(Malibu Drive is across from The Nautical Estates)

8:00 AM Registration & Check-In ♦ 9:00 AM Walk Starts

\$10 per person or \$25 per family of three or more

(minimum of 1 adult, but not more than 2, adults plus children under 18)

Call 453-8190 for more information. You can register on-line or
download a registration form via www.havasucommunityhealth.org

**Prize for
Ugliest
Sweater**



The 5K Walking Plan: From the Couch to the 5K!

Notes, Tips, Clarifications, and Things to Keep in Mind

This program is intended for people who want to walk the 5K race at a steady, strong pace and who consider themselves, or who would like to become "Fitness Walkers." If your goal is to walk the 5K at a leisurely pace, then you probably don't need a formalized "program" to do it. Just lace up your shoes—good shoes that are meant for walking—and walk 3 or 4 times per week. Start with 10 or 15-minute walks if you haven't been active at all up until this point. Work your way up to 20 minutes or 30 minutes. Ultimately, you'll want to assure yourself that you can walk continuously for 3.1 miles, which will likely take an hour or more. If your goal for the 5K is more performance-oriented, or if you are using this race as a chance to kick-start a fitness program, then having a plan and schedule will help guide your efforts.

Mondays are designated as "rest days," since the Sunday workouts are long. Rest and recovery are crucial aspects of any training program. Your muscles need time to recover from your efforts, and by being well-rested, you're not only less likely to become injured, but you're also more likely to look forward to your next workout. Daily training, except for professional athletes, can be extremely draining emotionally as well as physically.

Tuesdays and Thursdays are set aside for walks of certain times, and they lengthen as the program progresses. These walks should be done at a comfortable pace: not breathless and too fast, but also not a stroll! If you're walking with a partner, you should be able to converse fairly comfortably.

Wednesdays are "wild!" If your walk on Tuesday went well, then feel free to take another walk of about the same time. You can also choose to "cross-train," labeled "XT" on the schedule. Cross-training is any other physical activity. It could be riding a bike, swimming, taking a yoga class or doing a yoga DVD at home, lifting weights, roller-skating, flying a kite . . . There are many possibilities! Use this day to explore other ways to be active.

Fridays are rest days to give your body a chance to gear up for the weekend workouts, which tend to be more challenging.

Saturdays walk is measured in distance as opposed to time so you can get a feel for how far you can walk and the pace that you can maintain for that distance. Remember that a 5K race is 3.1 miles. Like the other scheduled walks, Saturday walks gradually build up in mileage to prepare you for the race distance.

Sundays are designated for longer walks, and you shouldn't be overly concerned with the distance you cover. Use this day to walk in a different place, perhaps a new neighborhood or on trails without mile markers. Walk as slowly as you need to, and pause to rest when you need to, but keep going! Build up to walking continuously for one hour. These days are good chances to walk with a friend, spouse, child or other fitness buddy.

Above all, have fun! Be proud of yourself for taking on this challenge!

DATES		MON	TUES	WED	THURS	FRI	SAT	SUN
10/5	10/11	Rest or Walk	Walk 15 minutes	Rest or Walk/XT	Walk 15 minutes	Rest	Walk 1 mile	Walk 20-40 minutes
10/12	10/18	Rest or Walk	Walk 15 minutes	Rest or Walk/XT	Walk 15 minutes	Rest	Walk 1.5 miles	Walk 30-60 minutes
10/19	10/25	Rest or Walk	Walk 15 minutes	Rest or Walk/XT	Walk 15 minutes	Rest	Walk 1.75 miles	Walk 35-60 minutes
10/26	11/1	Rest or Walk	Walk 20 minutes	Rest or Walk/XT	Walk 20 minutes	Rest	Walk 2 miles	Walk 40-60 minutes
11/2	11/8	Rest or Walk	Walk 20 minutes	Rest or Walk/XT	Walk 20 minutes	Rest	Walk 2.25 miles	Walk 45-60 minutes
11/9	11/15	Rest or Walk	Walk 25 minutes	Rest or Walk/XT	Walk 25 minutes	Rest	Walk 2.5 miles	Walk 50-60 minutes
11/16	11/22	Rest or Walk	Walk 25 minutes	Rest or Walk/XT	Walk 25 minutes	Rest	Walk 2.75 miles	Walk 55-60 minutes
11/23	11/29	Rest or Walk	Walk 30 minutes	Rest or Walk/XT	Walk 30 minutes	Rest	Walk 3.1 miles	Walk 60 minutes
11/30	12/6	Rest or Walk	Walk 30 minutes	Walk 30 minutes	Walk/XT	Rest	Jingle Bell Walk 'n Run	Rest!

JINGLE BELL WALK 5K—REGISTRATION FORM

A REGISTRATION FORM IS NEEDED FOR EACH PERSON WALKING.

FORMS FOR CHILDREN **UNDER 18 MUST BE SIGNED BY PARENT OR GUARDIAN.**

IF UNDER 18 YEARS OF AGE, CHECK HERE

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-Mail _____

(families must include minimum of one parent or guardian)

Event T-Shirt: Indicate # desired of each shirt size

___S ___M ___L ___XL ___XXL ___XXXL ___Total @ \$15 Ea \$ _____

\$10 for Individual Registration or \$25 for Family Registration \$ _____

Total Paid \$ _____

Checks should be made payable to HCHF (for Havasu Health Walk Challenge)
Mail registration form with payment to HCHF, P O Box 1410, Lake Havasu City, AZ 86405,

Waiver and Indemnification (must sign to participate)

I understand that my consent to these provisions is given in consideration for being permitted to participate in this event. I am a voluntary participant in this event and in good physical condition. I hereby release and hold harmless Havasu Community Health Foundation Havasu Health Walk Challenge, the City of Lake Havasu, and any of their employees or volunteers from any claims that I may have arising out of my participation in this event. I give permission to Havasu Community Health Foundation/Havasus Health Walk Challenge and their sponsors to use any photographs, videotapes or other recordings of me that are made during the course of this event.

Signature _____ Date _____

Signature of Parent or Guardian if under 18 years of age Date _____