

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



**HHWC Committee:**  
Linda Scoles,  
Chairperson

Debbie Hypes  
Jan Klatt  
Connie McDaniel

**Jingle Bell  
Walk N Run**  
December 5  
See Attached  
Flyer/Registration  
Form and  
Count-down  
Conditioning  
Calendar



Under the umbrella of  
**Havasú 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—November, 2015



**Vol.8 Issue 07**

**November, 2015**

Hope everyone is walking and/or exercising regularly, especially with the cooler weather!!! Mark your calendars for the Jingle Bell Walk December 5th!! Registration starts at 8 am and the walk starts at 9 am. The cost is \$10 per person or \$25 for a family of 3 or more. T-shirts are available for \$15. We will also have our very popular raffle basket!! Bring extra money for that!!!!

Look for details for our 3rd annual Color Dash scheduled for February 27, 2016!!! Let's make this year bigger, better and more colorful!!!!

### **Funnies**

The first machine the gym put me on was a respirator!!!

### **Walker of the month Sandra Crutchfield**

Sandra Crutchfield is our walker for November. She is turning 64 this month and has been married to "an awesome man who supports me" for over 15 years. They each have 2 sons from previous marriages. They moved to Havasu in 2010 from Southern California. Both Sandra and her husband are retired. She was a controller in an accounting firm.



Sandra has always been active, walking and taking aerobics classes at the Aquatic Center. She is currently a member of Titan Gym where she has worked herself up to 2 to 3 classes a day. She says she is more energetic, has developed muscle tone and has become stronger and shapelier. She also says there are so many health benefits to exercise. For her, it has reduced stress and anxiety, caused weight loss, increased her bone density and has given her a healthier attitude.

Sandra would encourage everyone to start walking as it is the easiest form of exercise. She says, "just open the door and go!!!" You will gradually increase your distance and speed. She says you will see the pounds melt away and have a better outlook on life. So, whether you belong to a gym, walk the many beautiful routes of Havasu or take exercise classes, just open the door and

**Get On Your Feet!!!**

### **Community Corner**

Saturday, December 5  
Jingle Bell Walk N Run  
See attached flyer

Saturday, January 30  
3rd Annual  
A Fair of the Heart and  
Heart Health  
Awareness Walk

Saturday, February 27  
3rd Annual Color  
Dash—Watch for  
Registration links

Sunday, February 28  
5th Annual Line Dance  
on the London Bridge

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



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## Havasu Health Walk Challenge

### Committee:

Linda Scoles, Chairperson  
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Jan Klatt  
Connie McDaniel

BRING \$\$\$  
For RAFFLE



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

Under the umbrella of:



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



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

Prize for  
Ugliest  
Sweater



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

# 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 \_\_\_\_\_