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**Havasu Health  
Walk Challenge**



**HHWC Committee:**  
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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—January, 2016



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What a wonderful day and perfect weather for the Jingle Bell Walk!! Fun was had by all, with lots of families and fur babies!! Our raffle basket winner was Suzie Macy and Ugly Sweater winners were (1) Rachel Hernandez, (2) Nate Fuhriman and (3) Jeff Roberts. The little kids were adorable!! There were lots of winners of the great donations we had! Thank you to all participants!! Looking forward to seeing you next year!!

Planning for our 3<sup>rd</sup> annual Color Dash is under way!! Mark your calendars for February 27<sup>th</sup>, 2016!!! For information and registering go to [newcolordash5k.ticketmob.com](http://newcolordash5k.ticketmob.com). Call the Havasu Community Health Foundation at 928-453-8190 for more information.

## **Funnies**

I bought a rowing machine but haven't been able to use it!! I can't tear the carton open!!

## **Walker of the month Rachel Hernandez**

Rachel Hernandez is our walker for January. She is 32 years young and has been married to her high school sweetheart for 17 years. She has one daughter. She moved to Lake Havasu 8 years ago from Springerville, Arizona, where there is lots of snow! She lived 20 minutes from Sunrise Ski Resort. She works as a Registered Nurse at the VA Clinic, and is almost done with her schooling to earn a Bachelor's Degree.

Rachel was 15 and hurt her back during P.E. and was in severe pain. She was diagnosed with congenital Spondylolisthesis and went through physical therapy and chiropractors with little relief. After a pregnancy and weight gain she started running 6 miles a day and was able to lose weight and felt great. With her condition she is not able to run like she used to, but has found other ways to exercise and keep her core strong to help avoid surgery.

Rachel says she aims for 5 times a week weight training and hikes or walks on Saturday. Occasionally she does a spin class or Zumba at Titan Gym.

Rachel says exercise is crucial to maintain stability of her spine, support her body and keep her functional!! She says many conditions, including stress, can be managed with exercise. She says walking is easy, free and available to everyone. Our bodies are made to move and the benefits are infinite and can help you live a healthier, happy life. Make it fun, walk with a friend, include family members and **Get On Your Feet!!!**



## **Community Corner**

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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