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**Havasu Health  
Walk Challenge**



**HHWC Committee:**  
Linda Scoles,  
Chairperson

Debbie Hypes  
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Visit the HCHF website  
for more information  
about upcoming  
activities

**Get on  
Your Feet!**



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

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# Walk'n Talk—May, 2016



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A big thank you to those who participated in the night HOWL walk!! The moon was out and the weather was perfect!!!

With the weather getting warmer it's real important to stay hydrated and dress accordingly!!!

Watch for information on the Havasu Free Swim Day at the Aquatic Center August 6<sup>th</sup>!! The flier will be out at the end of June.

This is the last newsletter until October. The Walker of the Month will continue.

## **Funnies**

*I asked the fitness instructor at the gym what I could do for my body, and he said to "schedule it for demolition!!"*

## **Walker of the month Kevin Hoppe**

Kevin Hoppe is our walker for May. He is 58 years young and has been married for 13 years. He has 2 sons from a previous marriage and 2 grandkids living in California. He retired in 2003 as an electrician from Placerville, California, and moved to Lake Havasu in 2004.



Kevin enjoys walking at Rotary Park 3 times a week with friends Richard & Susan Spangler. He says it gives them time to chat while they are walking and makes it more pleasant. They encourage all their other friends to walk, as well as people they don't know, and always greet with a "good morning" along the way.

Kevin says walking is his main exercise, but also likes to bass fish as often as possible, bowls at least twice a week, and maintains things around the house.

Kevin said walking has helped him to control his type 2 Diabetes and helps with his cardio and overall muscle tone.

Kevin says everyone should get out and walk at Rotary Park. It is a beautiful place to walk and enjoy peace and tranquility. Everyone could use some peace and tranquility, as well as exercise, so **Get On Your Feet!!!**

## **Community Corner**

Havasu Stick-em and free swim day is August 6<sup>th</sup>! Watch for more information.

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



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