

Brought to you by
Havasu Health
Walk Challenge



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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—November, 2016



Vol.9 Issue 07

November, 2016

We hope everyone is taking advantage of the beautiful walking weather!!! This is why we live in Lake Havasu!! We invite you to come out and meet us Saturdays at 7 am by the swim area and walk with us!!

Just one more month before the Jingle Bell Walk/Run December 3rd!!! Online registration has started!! On the day of the event, **registration is at 8:00 am and the walk starts at 9:00 am. Don't forget the Ugly Sweater Contest with \$50 first place, \$25 second and \$10 for 3rd!!!** We have our great raffle basket with lots of goodies, as well as raffle prizes for participants. Come out and enjoy the fun.

Watch for a new walk/run in March at the rodeo grounds!! You can bet it will be lots of family fun!!

Community Corner

Jingle Bell Walk/
run- December
3rd, 9:00 am.

Saturday walks
are now at 7:00
am. in front of
the swim area at
Rotary Park.

Watch for
information on
our new March
walk at the
Rodeo Grounds!!



Funnies

I exercise religiously. I do one sit-up
and then I say Amen!!!

Walker of the month Mike Kebble

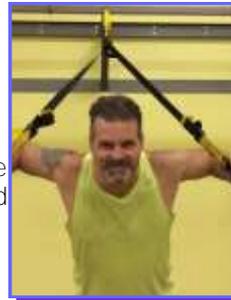
Mike Kebble is our walker for November. He is 56 years young and has been married for 12 years with 5 kids between himself and his wife. He works at Anixter Electrical Wholesale. He moved to Lake Havasu from Whittier, California, 25 years ago.

Mike says he exercises to stay slim, trim and healthy for his wife. He wants to stay healthy and enjoy a long life. He made a lifestyle change 3 years ago to eat better and exercise. Never in his wildest dreams did he plan to jog, let alone **run, a marathon. He does 5 & 10 K's and is currently training for a 1/2 marathon in December. Good luck Mike!!**

Mike's met likeminded people who enjoy healthier choices, push themselves and encourage each other at the gym and outdoors. This has enriched his health and social life.

He exercises 5-6 days a week at Titan Gym, where he does TRX, Power Sculpt and Zumba with Sandy Hickox. He also does Zumba with Rachel Clayton and Jenny Slettabo. All have all been inspirational in pushing many to help meet goals.

Mike has no health issues, and back pain is a thing of the past since he changed his eating habits and exercises. He used to find reasons not to go to the gym but now looks forward to going. Getting out of your **daily routine and finding 60 minutes to exercise is life changing. So let's get out of our comfort zone, make healthier choices, meet new friends and**



Get On Your Feet!!!

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