

Walker of the Month



July 2015

Jaely Douglass

Jaely Douglass is our walker for July. She is 26 years young and has been married for 5 years with a 5 year old daughter who starts kindergarten this year!!! She moved from Las Vegas in 2000 but had enjoyed Havasu for their vacation spot. They were visiting every weekend and loved it so they decided to move here. She has worked at First Savings Bank for 8 years and loves what she does.



Jaely enjoys working out because it makes her feel good, not only for her clothes to fit the way she wants them too but for her body to feel good. She tries to work out every day but gives herself a day off here and there so she does not wear herself out taking care of her little one! She tries to mix up her work outs with Sandy Webbers Zumba twice a week and in between those days she walks the Island which is about 3.6 miles. She also works out around her house whether it's cleaning inside or pulling weeds, washing cars etc...

Jaely has no health problems but was in a car accident when she was younger and as a result has hip issues. She says walking/exercising definitely helps keep her moving, which helps minimize the pain.

Jaely says to take walking/exercising one day at a time, so something you enjoy doing whether it's dancing or canoeing!! If you find something you enjoy doing you will want to do it every day. So if you canoe, walk or whatever form of exercise you enjoy get up and

Get On Your Feet!!!

Upcoming Events

Aug 8th is our 3rd Annual Free Swim day for Havasu! Watch for the details!!



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

