

Walker of the Month



Sheri Fender is our walker for July. She is 47 years young and has a son, Brad, who is 24 and a paramedic.

She moved to Lake Havasu City from Iowa in October of 2006 and has worked at Fullsac Performance (and online business: www.fullsac.com) for a little over a year.

Sheri says she exercises to keep healthy, feel healthy and to just have fun. She says it's time that enables her to get out with so many of her friends that she considers her "other family" and just enjoys doing what she does.

Sheri says she exercises at least 5 days a week, sometimes 6. She takes classes at Titan Gym: TRX, Power Sculpt, Power Plate and Zumba. She also belongs to groups who go hiking when its cooler weather and kayaking in the warmer weather. Before she began her healthy journey in 2009 she was on blood pressure and thyroid medications. She then lost 60 pounds and she no longer takes either!! Awesome Shari!!

Sheri says just do it one day at a time and one step at a time. She says walking is the best way to start, and you can go at your own pace and try to push yourself just a little more than you think you can handle. The weather is beautiful, so no excuses! Go get healthy and



Upcoming Events

Aug 6th is our 4th 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.



Get On Your Feet!!!