

Walker of the Month



Vickie Sayre is our walker for June. She is 57 years young and is married to her sweetheart and best friend Jeff!! They have been married for 6 years and have 7 kids between them and 7 awesome grandkids. She moved from Glendale, Az., 15 years ago. She is the Branch President at First Savings Bank on Acoma Blvd where she has worked for 10 years. She says life is a pleasant adventure and she tries to make the most of every situation!



Vickie walks and exercises daily to relieve the stress that goes with her position at the bank and to keep in shape and stay healthy. She says a healthy body equals a healthy mind!! Their family is always busy and staying in shape is a huge benefit to be able to keep up with their lifestyles. She attends Sandy Webbers Power Sculpt and Sandy and Jenny Slettebo's Zumba at Titan Gym. She also walks Rotary Park and the Island Walking path to help keep her in the best shape possible for a healthy lifestyle. Exercise is an important aspect of her life and she enjoys it very much!!! She has no health issues and attributes that to her exercise program and eating as healthy as she can.

Vickie says that exercise has helped to keep her healthy because life is too short not to take care of ourselves and enjoy a long healthy life with the ones you love!! So whether you just go to the gym, walk, run or any exercise that you love, grab your loved ones 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.

