

Brought to you by
**Havasú Health
Walk Challenge**



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

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Walk'n Talk



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Walker of the month Suzette Allen



Our June walker is Suzette Allen, who is single and 48 years young! She moved to Lake Havasu from Riverside, California, 18 years ago and has two daughters. She manages M & M Storage, and has done so since June of 2007.

Suzette says she exercises to "be a healthier me" and in doing so makes her feel better. She works out at least 6 times a week, sometimes more. She attends Titan Gym's Power Sculpt and Spin classes and also does cardio work. She also attended Sandy Webber's boot camp in January. Suzette was overweight 3 years ago and has been able to lose 80 lbs.!! Great job Suzette!!! She says anyone can do it, and it's the best thing you can do to be a fit and healthier version of yourself!! Get up off the couch, go the gym or anywhere you can exercise and

"Get on Your Feet!"

Community Corner

Stay hydrated with the warmer weather!!!!

The Walk'n Talk Newsletter will be discontinued until August. Enjoy the summer!!!

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

Havasú Open Swim Aquatic Center, August 6th, Noon to 3 pm Free Admission

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