

Brought to you by
**Havasu Health
Walk Challenge**
HHWC Committee:

Carla Emery
Erin Engel
Jackie Lord
Zetta Marks
Cheryl MacLean
Connie McDaniel
Carol New
Linda Scoles
Pat Tenney

WalkingTalk
Will not go out in
July or August.
Next issue will be
September

Upcoming Events:

**Community Health Fair
& Breast Cancer
Awareness Walk**
Saturday, October 2

**Wonders of Walking
Judy Heller Clinics**
Saturday, October 23

Get On Your Feet 5K
Saturday, November 13

**2011 ROC
(Relay of Celebration)**
Saturday, February 26

Under the umbrella of



**Havasu Community
Health Foundation**

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Walk'n Talk



Vol.3 Issue 6

GET ON YOUR FEET!

June, 2010

2010-2011 Walking Season is Coming

The 2010-2011 HHWC Walking program is on the drawing board and we are stoked about what is coming up! Our mission statement is: *The HHWC promotes healthy living by providing opportunities and inspiration while educating the community on the lifestyle-changing benefits of walking.* Through our newsletter, walking experts, support and events, we hope you, too, will experience all the wonderful physical, mental and spiritual benefits from putting on a pair of tennies and going for a walk! Take a look at what is coming up!

Get off the Couch 5K training starts September, 2010, when we kick off the training plan. You should be fit and trim enough to do the **Get On Your Feet 5K** in November! The **Get Off The Couch+ 5K** training plan is simple, easy-to-understand, and has a high success rate of getting new walkers ready for a 5K walk. Our September issue of **WalkingTalk** will include the training plan and other articles on how to prepare and be successful.

Wonders of Walking Clinic(s) with Judy Heller October 23 2010
Stay tuned about an event in progress slated for October 23. The Havasu Health Walk Challenge is working with a renowned walk coach, walk relay organizer, race walk silver medalist and judge. We are working on bringing Judy Heller to Lake Havasu City to excite, educate and inspire us as walkers. She can analyze your gait, correct walking posture, and show you how to walk efficiently! She will inspire all of you from the newest of exercise walkers to those who want to pump it up and soar to race walking heights! Judy was the Relay director for the largest walk relay in the world, Portland to Coast! We will contact you when the clinics to be offered are confirmed and inform you about how you can register. Look forward to being fired up about walking and doing it even better!

Get On Your Feet 5K November 13, 2010 The 5K committee is looking forward to this year's event! We hope you, as an experienced walker, will team up with those that are new to walking to encourage and inspire them to strive and achieve. The 5K committee is working on bringing back the Lake Havasu City Outrigger Canoe Club for the opportunity for walkers to paddle on the lake, as well as Parks and Recreation fun toys for the youth and/or young-at-heart! Maybe we will even have a Hoola Hoop Jam following the 5K! Be looking for our September issue of **WalkingTalk** for updates on this event.

2011 ROC (Relay of Celebration) February 26, 2011 The 2011 ROC Havasu will have a new look! We will be trekking through new sections of town. New legs are being developed and will be introduced late next fall. The HHWC has taken to heart the suggestions you have made through our 2010 ROC survey. Many of your concerns have been addressed and implemented in our new leg selection criteria. 2011 ROC information will be available at the November 13 Get On Your Feet 5K. If you have any questions or suggestions for this event, please contact us at any time at bunsroses@frontiernet.net.

Community Corner

Havasu ROCer Challenge

August, 2009, the Havasu ROCers (ROC team plus five) participated in a fundraising event in Flagstaff on behalf of the American Cancer Society. It was a seven-mile climb called **Climb to Cure Cancer.** We all took the challenge to walk seven miles to Snowbowl and raised funds for a great cause. By engaging in a great physical challenge, we supported those who are fighting cancer, honored those who lost the fight and helped support research to find new and better ways to fight and win the battle against cancer!

The Havasu ROCers challenge all ROC teams or those who just enjoy a challenge and are willing to share your time for a good cause. The event is August 21, 2010. Check out the website link in the cover memo for more information about how to create a team.

E-mail Jackie Lord when you sign up for this event. We will send out a congratulatory note thanking your team for committing to join us. We'll then add you to the group challenging the rest of our walkers!

Come climb with us, enjoy a day away from the monsoon heat in Havasu, and help in the ongoing battle against cancer!

HHWC—Supporting the Youth in our Community



HHWC has donated \$300 to Lake Havasu City Parks and Recreation to help fund the kids water aerobics class at the Aquatic Center. We are supporting those organizations that promote healthy physical activity for our youth! Shown in the above photo (above) are Bart Wagner, Parks and Recreation Director, Linda Scoles, HHWC committee member and Jackie Lord, HHWC chairperson.

The Havasu Health Walk Challenge gave \$300 to Telesis in support of their effort to fund a new indoor gym.

HHWC supports and encourages organizations and groups who encourage physical activity and focus on the overall health of our youth. Team Telesis participated in the 2010 ROC relay and we wanted to give back to a fine group of young competitors and fine members of our community.

Pictured below are: Front row Jill Kramer Telesis mom/ROC walker, Jackie Lord HHWC Chair and Darren Carson Telesis coach Second row: Linda Scoles and Connie McDaniel HHWC committee members

Back row: Geoff Garrett, Cody Kramer, Kayla Brooks, Corey Jones, Shaun Perez and Yamani Koyye



HHWC gave Thunderbolt Middle School \$300 in appreciation for the Thunder Cats participation in the 2010 ROC Havasu Walk Relay. The \$300 donation will be used to assist with the sports participation fee scholarship program. Pictured above are: Connie McDaniel, HHWC committee member, Miranda Marks, Thunder Cats team captain, Katie Rabideau, Thunder Cat team member, Paul Olson, Thunderbolt Principal, Jackie Lord, HHWC chairperson, David Cardoso, Thunder Cat team member, Linda Scoles, HHWC committee member and Tate and Tegan Sanders.

Walker of the Month Stephanie Hatch



Our Walker for June is Stephanie Hatch. She is 51 years young, has been married to Gary for 22 years, and has two sons. They both graduated from Parker High School. She moved to Lake Havasu from Palm Springs 25 years ago.

Stephanie has exercised off and on for over eight years. Over a year and a half ago, she lost the friend she started regularly walking with to a stroke. She is trying to be pro-active to ward off cholesterol and weight problems and to try to maintain general good health.

Stephanie says walking is very peaceful and sets the pace for her day. She says walking makes her day go better, and she loves being outside, so do like Stephanie and so many others do—grab a friend and **"Get on Your Feet!!"**

2010 ROC is over—How many of us are still walking?

Sandy Webber has been and continues to be a long-time supporter of the Havasu Health Walk Challenge Committee, serving as a committee member and active volunteer. Her demands as an aerobics instructor and personal trainer, wife and full-time worker has lead her to choose to lessen her load. She will be retiring from the HHWC committee and will be greatly missed.

Lori Miller is our guest columnist for June! She is a long-time member of the Havasu Health Walk Challenge and former member of the HHWC/ROC Committees. Lori has a strong passion for exercise and especially walking. She is quickly becoming Lake Havasu City's "go to gal" for advice on walking shoes and technique. We thank her for her contribution to June's Walkin' Talk.

The ROC is over, and we're all congratulated ourselves for a job well done. But now, the question arises, how many of us are still walking? How many are still involved in an exercise program? How

many have decided on a lifestyle change and incorporated walking into your weekly regimen?

If so, it is now June in beautiful Lake Havasu City and the temperatures are rising. If you are walking outdoors, it is important that you walk in the early morning or evening hours to avoid doing damage to your body that that you take in plenty of liquids.

You should drink when you are thirsty. The rule of thumb is for ever thirty minutes or one mile, you should take in no more than one cup of liquid. This can be water or an undiluted sports drink. Sports drinks have calories, so some people don't like them. However, water has no calories, but also no carbohydrates and electrolytes. They help the body absorb water to provide energy.

Too much water can cause hyponatremia—low blood salt level and fluid overload. Conversely, too little

water and you cause dehydration. The needs vary for each individual. To determine what is best for you, you should weigh yourself before and after walking. If you have a weight loss of more than 2%, or any weight gain then you're drinking too little or too much. Adjust accordingly. Also avoid alcoholic beverages caffeine, milk, cream and carbonated beverages.

So, back to the original question—How many of us are still participating in a physical exercise program?

Yes, it's starting to get hot. Yes, the ROC isn't until next February. Yes, your teammates are snowbirds and they're returned to their summer homes. The ROC was created to be a celebration of you instituting a walking program into your life and not stop once it is over.

If you have any questions or concerns, feel free to contact me at lrmiller14@gmail.com.

Lori Miller

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