



STEADY for LIFE Newsletter

Q1 2019

www.SteadyForLife.org

Featuring our SFL instructors: Helen, Alan, Debra, Susan, Sara, Beth, Jill, Amy, Shawna, Terrie, Chris, Paula and Kim

In Kim's Korner...

Dear Friends,

Happy New Year! As last year's experiences become fond memories, we have a wonderful year planned in 2019 for Steady for Life!

We will feature our terrific SFL instructors this year in several healthy fitness articles. They continue to learn and want to make their classes interesting, fun and different. I believe this staff of instructors sets us apart from other programs. Setting us apart also, are all the things we enjoy doing together as a 'big family' outside of classes. Everyone is welcome.....come join us this year for some of our events or trips.

As I take a walk down memory lane for 2018, here are some of our newest photos at work and play....many more can be seen on our website – SteadyforLife.org. There you will even see a video of 2018.

Working together to be strong,
Kim Davis, Director Steady for Life



Living longer, going stronger!



Never too old to play!



What we do makes a difference!

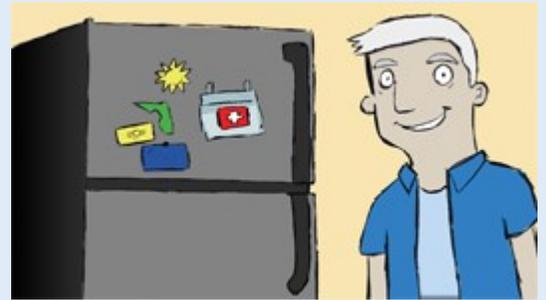


Spotlight on Health - Vial of Life

In the event of an emergency, we want emergency responders to have access to as much medical and personal contact and identification information as possible.

The Vial of Life program is a non-profit agency that helps seniors make vital information readily available to emergency responders.

Simply order two decals, print and fill out the form and place the form in a zip-type bag. Place one decal on the bag and use a magnet to affix it to your refrigerator. Affix the other decal to your front door or window where it can be easily seen.



Many of our new Steady For Life folks have asked to order a SFL T-shirt. A new order will go out on Jan 30th. If you'd like to get one, pick out your shirt and bring it your instructor along with a note letting us know if you want the logo on the front or back and a \$12 check made payable to SFL. Please note on the check that it is "for t-shirt".

Posture Perfect



Computers, iPads, cell phones, and even pouring over a good book contribute to bad posture throughout the day. Did you know that for every inch your head tilts forward, an additional 10 lbs. of extra stress is put on your neck?

Over time, a head-forward posture can lead to back pain and more permanent postural problems. Recent studies done on young adults show that slouching can cause deterioration in the neck equivalent to that of someone 20 years older!

Performing some simple exercises such as chin tucks or squeezing your shoulder blades together a few times a day can help to counteract all those bad habits. These movements can be done while watching tv or even in the car! Doing weight-bearing exercises can help build bone density and strengthen the muscles that support your back and neck and maintaining flexibility by stretching muscles such as the hamstrings can help balance out improper posture.

Taking a few minutes to do some simple flexibility and strengthening exercises every day can greatly improve your posture and help to alleviate back pain and future slumping!

Our certified instructors will help you find the right moves to fit your body's needs!



Shawna Wiggins
Steady for Life Instructor



Breathe... Stretch... Relax

Yoga is both a physical and a mental exercise. It has the power to calm the mind and strengthen the body. You don't have to be flexible to attend a yoga class. Our gentle classes are perfect for seniors and can even be done in a chair.

Yoga is good for the brain: it may stave off age-related mental decline. Yoga enhances balance, prevents inflammation, lowers blood pressure, and enhances bone health.

What is a yoga class like, you may be thinking? At Steady for Life, we have 10 minutes of breathing techniques, 40 minutes of gentle stretching, and 10 minutes of guided relaxation.

Beginners are welcome....remember, in yoga, it's never what you look like, it's how you feel while practicing. Bring a mat and a small blanket or beach towel and come play with us. We have five terrific Yoga instructors who teach Beginning Balance, for those who may have health challenges and Gentle Intermediate Yoga for those who have been with us for a while. Call our Steady for Life number at 256-213-1976 and Kim will put you in touch with Amy, Susan, Chris, Alan, or

Shawna should you have specific questions or concerns.

Susan Gilbert Levy

Steady for Life Instructor



Around Town

Two years ago, a motorcoach full of Steadies drove to Atlanta to see **Beautiful: the Carol King Musical**. It brought us to our feet! The music was spectacular and the inspiring true story was very compelling. And now, Broadway Theatre League in Huntsville is bringing it to our town in March! Steady for Life has 40 seats reserved for the Sunday matinee at 1:00 on March 10th. Tickets are \$61. You may write a check payable to Steady for Life and mail to 990 Gilstead Circle, Huntsville, AL.

35802 or come by the Main location and pay by check or credit card anytime M-W-F from 10:00-12:00. We can carpool from the Main location on March 10th, if you'd like.



For the New Year

Dear Lord,
So far today, I've done alright.
I haven't lost my temper
Haven't been greedy, grumpy,
nasty, selfish or overindulgent.
I'm very thankful for that.

But in a few minutes, God,
I'm going to get out of bed,
and from than on, I'm going
To need a lot more help.

Amen.

On The Road Again...

It was standing room only as we filled every seat at the **Travel Fair** on December 5th. Folks were very excited about the 6 trips that we will be doing this year. You will see complete itineraries on the SFL website under the Travels tab. We also have a copy of all trip flyers at each of our SFL locations.



Our popular **Mystery Trip** will be here March 22-24. Do you crave a little adventure and excitement? Then this is your kind of week-end! This trip will pique your curiosity, satisfy your palate and put spring in your step! Final payments are due on February 1st.

Next comes a day trip to **Milky Way Farm** - May 10th complete with a gourmet breakfast, hayride, pickin' & grinnin', and some special treats in our "bag".

Our BIG trip for the year will be June 10-18 as we explore some of the most fascinating **Inns & Coves of New England**. We will fly into Boston first for a pre-tour before motorcoaching through the northeast. Don't miss seeing this wonderful itinerary.

We are "taking it back to school" on July 20th for a day trip to Tuscaloosa to see the summer musical **Grease**, directed by Kim's favorite New York Director: her son Stephen Tyler Davis.

Our Autumn trip finds us headed south to **Cajun Country** on October 14-18 with an awesome itinerary in Biloxi, New Orleans & Baton Rouge. There will be a shrimp boil, alligator tour, WWII museum, Mardi Gras World, Cooking School dinner, dining at Court of Two Sisters and lodging at the Houmas House Plantation, to name a few of the wonderful things we have planned. This road trip will also be sprinkled with some neat things to and from Huntsville that you will enjoy.

You'd be hard-pressed to find a more wonderful Christmas itinerary than the one we have planned for you in **New York City** from December 9-15. The pre-tour in **Washington, DC** is just icing on the cake. This trip already has 40 reservations....and we are a year away! Get your deposit in now if you want to do Christmas in The Big Apple next year. We will only take one motor coach.

With 500,000 people attending the **2020 Passion Play in Oberammergau, Germany** over a 5-month period next year, it is necessary for us to order our tickets **NOW** for this 2020 summer tour. See all the details for this Austria, Switzerland & Germany Tour and reserve your space with a \$100 deposit. A tour like this only happens every 10 years... on the turn of the decade year (2020).

TRAVEL POLICIES: All deposits must be accompanied by a trip reservation form. These are on the SFL website under the Travels tab or can be picked up at your class location.

We understand that emergencies arise and we will make every effort to refund your money up until 5 days of our trip departure, if we have a waiting list. You may find a replacement for yourself up until 3 days before departure. However, the final days before we leave, our office is busy completing plans, making name tags, finalizing seating arrangements, sending hotel rooming list and a host of other duties. There is no time for mailing refunds and calling wait lists. We're sure you understand, given our staff limitations. When Steady for Life travels are through a tour company, we must respect their policies.

We recommend cancellation insurance for our larger trips. Three companies that our travelers have been pleased with in the past are: Travel Insured, Allianz and AAPR. There may be others and we welcome your suggestions to add to this list.