



3rd Quarter

2019



BB2 Class at Main Location

Here we **grow** again! Steady for Life will be offering classes in the New Market area beginning in August. Each of our locations will also be adding Steady Drumming to their class regiments. This exercise combines movement with the powerful beat and rhythms of drumming for an amazing brain and body workout. Your instructor worked on this at our annual inservice day, as well as learned more circuit activities to do in classes. Look for some new ideas and challenges that will be great for all of us as we strive for better balance, strength and flexibility. Much thanks to M.D. Smith and Ernest Hill for making our drum sticks! I hope you are spreading the word about your Steady classes, especially when you visit your physicians. Take them a brochure and let them know what you are doing....they will be proud of you for taking balance classes. Here is a picture of Dave & M.D., two of our Board members helping us spread the word at a recent health fair at Big Spring Park. Enjoy your summer and take heed to the good **H2O advice** in this newsletter, prepared by Paula Williams our SFL Lead Instructor and Assistant Director.



*Pam Yates, Meridianville BB2*

Your friend,  
**Kim Davis, SFL Executive Director**  
**(256) 213-1976**



BB2 Class at Main Location

## THE IMPORTANCE OF HYDRATION

Summer is just around the corner! The longer days, beautiful sunshine, and warmer temperatures provide us with increased opportunities to get outside, enjoy nature, and move more! While these outdoor activities are fabulous for our overall health and well-being, we must not overlook the importance of our water intake. Not getting enough fluids, especially when it's warmer outside, can pose health issues for anyone, but older adults are particularly at risk for dehydration.

As we age, our body's sense of thirst diminishes. By the time someone actually feels thirsty, critical body fluids may already be too low and electrolyte levels imbalanced. Furthermore, certain health conditions and medications may interfere with the body's ability to retain fluids. Diuretics, laxatives, antihistamines, and other prescription drugs often cause frequent urination which depletes fluids and leads to dehydration.

It is important to know and recognize the signs and symptoms of dehydration and discuss those with your medical provider. Headaches, muscle cramps, dry mouth, fatigue, urinary tract infections, sleepiness, and constipation are some early indicators that you may be experiencing dehydration. Signs of severe dehydration include little or no urination, dark colored urine, confusion, low blood pressure, weak pulse, rapid breathing, cold hands and feet, and fast heartbeat. Severe dehydration can lead to some very serious issues including seizures, kidney failure, and even death.

So, how much water should you be drinking? There is no "one size fits all" answer. Water intake depends on your size, medical condition, diagnoses, and medications. While it is recommended that you discuss your water intake goals with your physician, a good rule to follow is balancing your water intake with your output. The color of your urine is a great indicator of how hydrated you are or are not. Clear or light yellow urine typically indicates proper hydration. Drinking water at all meals and sipping out of a tall water bottle throughout the day are great ways to get your fluids in! You may want to consider not drinking late at night-getting up and down all night long is no fun! Staying hydrated leads to a healthier you!

~Paula Williams, SFL Lead Instructor & AD



### Health Seminar - August 28<sup>th</sup> - 2 P.M. -

#### Main Location

Dr. Cheryl Bazzle, Internal Medicine Physician and SFL Board Member, will be discussing Diabetes Mellitus Type 2. She will cover the latest guidelines from the American College of Physicians regarding hemoglobin A-1 C targets for diabetics. We will also discuss some of the newer diabetic medications that have proven cardiovascular benefits.





## A NOTE FROM BOARD VP, CAROLYN LORD

### Report on SFL Survey Results

Thank you to those who completed our recent survey. Our students clearly enjoy the classes and the instructors. Responses to *ENJOY THE CLASS* "usually" or "all the time" were 99%. Responses to *INSTRUCTOR MAKES CLASS FUN* "all the time" or "usually", were 98%. In every class, there were numerous comments about how wonderful the instructors are. Words like kind, non-judgmental, supportive, encouraging, motivating, and flexible were used. There were lots of mentions of how much students enjoyed the other class participants, the laughter and friendships. There were a couple of comments about too much chatter. 60% said "Don't change anything!" Many participants liked the variety in routines and the ability to modify for ability. 82% regularly notice improvements in their own fitness.

Our overall rate of no falls was 70%, but by removing the bottom 4 classes, our rate is 75% which is better than the national or state rate. Only 6% of our participants reported falling 3 or more times. The fact that people were in class to respond indicates that most of the falls did not result in serious injury. Kim and the instructors have reviewed the results and are addressing a few concerns. Thanks again for your participation!

#### **A WIN-WIN – tuition payment made easy...**

Many Steadies are taking advantage of the tuition discount by being a 6-month or 12-month advanced payer. The opportunity to do this only happens at the beginning of the calendar year (January) or mid-year (July). Those who are already advance payers will receive an email from Carolyn Lord, our Board VP this month letting you know what your discounted rate will be. Those who want to advance pay for your classes for the first time can get your rate from your instructor. They all have a chart ready to share with you. For those who prefer monthly automatic deductions, your instructor has the form needed. These methods are a WIN-WIN because you receive a discount, don't have to write monthly checks, and the instructors don't have to handle so much tuition money each week. We appreciate your participation!

Do we have YOUR story?

Have you seen the new Steady for Life testimonies from our students on our website [www.steadyforlife.org](http://www.steadyforlife.org)? No matter how simple you think your "Steady Story" is, we'd like to hear from you too! Your story confirms that we are doing the right things to keep us all STEADY AND STRONG!

## SFL Travel – An Adventure Everytime!



In May, fifty-five travelers enjoyed a beautiful day at Milky Way Farm with a delicious brunch, hayride, music and tours around the farm, and the town of Lynnville, TN.

Three trips remain this year and then we will share with you in November all the travel plans for 2020. Remember to bring your BLUE BOOKS with you on the trips so that they can be stamped for rewards at the end of the year.



Because of the overwhelming response to the New York Christmas trip this year, we have added a 2<sup>nd</sup> motorcoach and it is almost filled. Last call to reserve your space! All details can be found at [www.steadyforlife.org](http://www.steadyforlife.org) under the TRAVEL tab.



Don't Forget Your **Blue Books!!!**

### Upcoming Events:

**4<sup>th</sup> of July** — No classes on this Thursday

**July 20** — Day trip to Tuscaloosa to see the musical – GREASE - **FULL**

**August 28** — Health Seminar by SFL Board Member, Dr. Cheryl Bazzle

**September 2** — No classes on Labor Day

**September 14** — Righteous Brothers concert in Chattanooga - **FULL**

**October 5** — A Steady for Life HOEDOWN Extravaganza – at Ray Jones Farm

**October 14 - 18** — Cajun Country Tour

**November 20** — Travel Fair to announce all our 2020 trips being planned NOW

**December 9 - 15** — New York City & Washington, D.C. Christmas Trip