

3rd Quarter ~ Summer 2020

Kim's Korner

Quarantined Edition



As I write this article, we are still in a HOLDING pattern for things in our lives to return to normal. Ordinarily, I would be looking forward to greeting my friends in the morning at our Steady for Life classes. I would be planning our annual Fair where we have traditionally alternated each year between our Brain Healthy Fair – **Steady & Sharp** or our Balance & Fall Prevention Fair – **Steady & Strong**. Since this year is different, we are planning something different. A topic we've not had in the past but VERY important to us as we become mature drivers.

Karen Allen Hislop, owner of Therapy Achievements is the daughter of our Steady for Life class participants – Jack & Joan Allen. **Karen will be with us at the Main SFL studio on September 2nd @ 1:00-2:00 pm** to share self-evaluations and strategies to keep us driving safely.

Training & Education: Karen earned a Bachelor of Science degree in Occupational Therapy at the University of North Dakota, and completed her MBA at Troy State University. She formed Therapy Achievements in 2009 to provide comprehensive rehabilitation services for people with changes in physical, visual, and cognitive function after stroke, brain injury, Multiple Sclerosis, Parkinson's Disease, or other disorders. She has a host of additional certifications that I will share with you at the seminar. This will be time well spent as we learn something new that we use every day, our driving skills.

*Please send an email to kim.steadyforlife@gmail.com and let me know you will be attending the **DRIVE SAFELY SEMINAR**. Space will be limited as we will be set up for social distancing, so make your reservation soon.

Be Well...On Purpose,
Kim Davis, Director
Steady for Life



7 Tips to Stay Mentally Healthy During the Covid-19 Pandemic

1. **Maintain a routine** - Get up and get dressed every day! Change out of your pajamas, take a shower, and get your day going with a good breakfast.
2. **Exercise** - SFL Zoom classes are the perfect way to exercise daily in a structured manner!
3. **Eat healthy and get plenty of sleep** - Unhealthy foods loaded with sugars will not only make you gain weight, but also feel terrible! Lack of sleep will only complicate your over well-being.
4. **Stay connected** - Make the most of technology by staying in touch with family and friends.
5. **Limit media intake** - Stay informed by reliable sources, but limit your news and social media to avoid feeling completely anxious and overwhelmed.
6. **Stay in the present** - Although this is a stressful time, take each day as it comes and focus on the things you CAN control. Mindfulness, prayer, and meditation are tools that can be utilized.

ZOOM Classes...What Are Your Steady Friends Saying?

I started the Rev It Up class about two months before the Coronavirus started. The classes are very enjoyable, they include exercises for your core, balance, weights, warm up, and cool down, and I'm sure many more than I have mentioned.

When the world closed down and we had to isolate at home, I was so disappointed because this was a class I had really gotten into. I got the word about continuing the classes on ZOOM! I can't tell you how much I have enjoyed these classes. I must mention the staff and the instructors. I have learned so much from Paula Williams, the instructor for my Rev It Up class. She is very knowledgeable and explains how and why we do the exercises a certain way. This has been very helpful to me. I would certainly recommend these classes. Everyone is friendly and helpful. Just a great environment for staying healthy and active!

~Becky Vosahlik

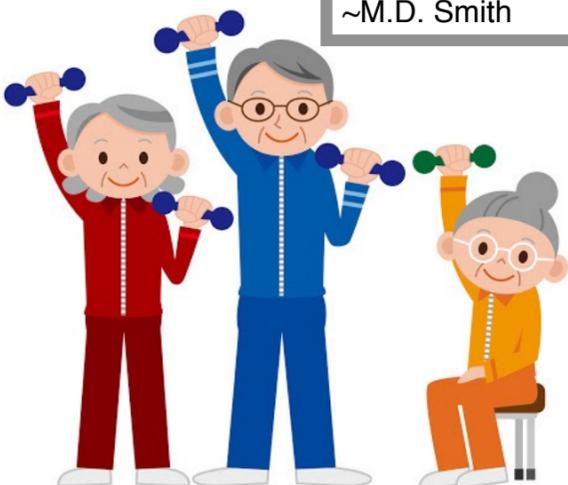
Steady For Lifers, as a 75 year old widow living alone I would like to encourage each of you to attend the Zoom classes, especially while we are unable to attend classes in person. It is not like the "real" class because I miss in person visits with classmates, but Paula gives us "visiting time" for about 15 minutes before and after each class. She is doing a wonderful job of teaching each level of participants in each class. I have been attending all five sessions each week and at least attempting each exercise. You do not need special equipment. If you don't have dumbbells, use canned goods or bottles of frozen water. If you choose to get on the floor, for a very few of the exercises and don't have a yoga mat, use a beach towel or folded blanket. Just meet with the class and move! Don't use the excuse that you can't do the exercises because our instructors give us options as to how we can adapt each exercise to our fitness level. As long as you have internet connection and the Zoom app for you computer, lap top, iPad or iPhone, all you need is your body. In this time of "sheltering in place" it has given me a "bright spot" to look forward to each day and a sense of "normalcy" in this "crazy time".

Okay Steady For Lifers, keep up your normal daily routine as much as possible, and join the Zoom classes. Keep exercising so that you can keep your balance and remain active. I'll be looking for you via Zoom.

~Freddia Scott

I absolutely love the Zoom classes. There are times I'd not be able to come to class because of time, but when I can attend in the side room of my office for 45 minutes and leave early if I need to, this is perfect for me.

~M.D. Smith



COVID-19 has rocked my world! Thank goodness Steady for Life is doing an excellent job navigating this pandemic. ZOOM!!! Who knew what Zoom was 4 months ago? Not me!!! Kim and Paula have spent many long days and nights making sure Zoom is a safe and easy way for us to exercise. Zoom on-line classes are a great way to stay connected with friends too. We get to chat with everyone before and after class and share how we are doing. Statistics show that people who are in good shape physically and mentally will recover quicker from an illness. So, for now, I will be Zooming in my dining room under the watchful eye of a trained instructor. I miss in-person classes, but Zoom is the next best thing to keeping me fit during this turbulent time. I hope you all will give Zoom a try. Just reach out to Kim or Paula and they will help you get set for a fun and healthy routine with ZOOM! Be well!

~Cindy Isaacs

I would like to encourage all my fellow Steadies to try the on-line zoom classes. It is such a boost to my mental and physical health to be able to continue my exercise program and see and talk to fellow steadies during this time of confinement! Our wonderful instructors are going out of their way to try to work with a variety of fitness levels in these classes and to provide time for socializing. Yes, sometimes there are technical glitches, and none of us look like movie stars on the screen. You can join with just a smart phone, but if you can cast your screen to your TV or use a laptop with a larger screen, you will be happier. Casting to a TV is pretty easy. There are several people who would be glad to walk you through the process of getting on if you need help. There is so much out there that we cannot control, but we can control how we respond. Making good choices about our health should be a priority.

~Carolyn Lord

How fortunate we are at Steady for Life to have such a dedicated and creative staff! They have been able to think outside the box and continue classes for us with Zoom during these unprecedented times. While it is not the same as being there in person, it still enables us to interact with each other and have scheduled events to be accountable to each week. It gives back a bit of normalcy to my life. Sure I can and do walk most days to get some sunshine, but that doesn't strengthen my arms, shoulders, and core or challenge my balance. I am glad for this opportunity to stay fit so once we can meet again that I will not be behind!

~Molly Savage

Paula, we want to thank you for teaching the Virtual Rev It Up classes using Zoom. It's good to be able to participate with a group of people we know even if we are sheltered at home. We started to exercise by ourselves when this situation started but were glad to hear that Steady for Life was starting up virtual classes. It is much more enjoyable to be able to interact with you and the group as part of each session, as well as having a structured workout. Being able to continue exercising under these circumstances has enriched our body and spirit. Since this COVID 19 situation is still very unstable we are glad that this class is continuing on Zoom.

~Mary & Dick Kemp

More Steady Testimonies...

I thought I was pretty strong and agile and beating the aging process, but boy did I discover how wrong I was when I started Rev It Up! After a few weeks my body is better supported, legs are stronger, and balance is getting better. Instructor Miss Paula incorporates exercises that accommodate and expand our body's physical and mental capabilities. The camaraderie of the group is a boost to my overall emotional well being and serves as a support system. They encouraged me to succeed in the beginning even when my body said no! I am very happy to be participating at Steady for Life and encourage others to give it a try. The cost is a solid investment!

~Carol Picker

I have been very pleased with the classes SFL has offered via Zoom this spring. I am taking Yoga and Rev It Up and have been both surprised and impressed that I can enjoy the same quality of exercise at home that I was receiving on-site. The instructors do an outstanding job leading us in workouts that are challenging and that have enough variety to keep them interesting. I had never used Zoom before, but have found it to be both easy to access and reliable.

Thanks to you and the SFL team for helping us stay healthy while we are Safer at Home!

~Valeta Crandall

Joining SFL, getting to know the awesome folks that make up our Balance class, exercising, sharing thoughts, and laughter has made such a difference in my life! The ZOOM classes during the safer at home measure has allowed us to continue without missing a beat! Paula has kept us moving and challenged. It is great to see everyone, but we miss those of you who haven't joined us yet. Thank you SFL for this convenient and safe way to meet!

~Linda Brady

The Steady For Life online Zoom exercise classes are AWESOME! It is SO easy to connect with a desktop computer, laptop, or iPad. If you ever use email or the internet, it is just a few clicks to connect. Kim, Paula, or any of us members are happy to walk you through the steps. I participate M-F in either the Balance I, II, III or RevItUp classes. Paula is a talented and caring teacher, who explains step by step how to do each exercise correctly. No pressure, just do what you can, with or without a chair. The extra bonus is that she opens the class 15 minutes early, so you can chat with your exercise buddies before class begins. It is a win-win all the way!

~Cathy Cantrell

SFL is an important part of my activities. It has helped me to remain active and be able to maintain independent living. Whenever I mention to my family doctor that I am going to SFL sessions, she is well pleased. I am 81 year olds and rather computer illiterate, but I have successfully participated in Zoom SFL sessions. I appreciate my instructor. She is knowledgable and provides encouragement and useful information.

~Alton Calvert

Paula's zoom balance class is an excellent combination of aerobics, core work, balance and strengthening exercises with modifications for all levels of ability. I always feel I can afford to eat that cookie after Paula's workout!

~Sharron Pate

The *Steady for Life* program has been a life saver for me. I have been taking Yoga and Move to Music classes for 3 years, and I am delighted that the leaders of the organization have not allowed this crisis to keep us from doing what we can to stay healthy. During this time, when so many people have struggled with depression and lethargy, I have found myself looking forward to each day because Paula's Balance and Rev It Up classes through Zoom have given me a reason to get up, get out, and get moving.

When the world came to a screeching halt, I found comfort in the familiar routine of my Yoga class. Each week, I am able to put my body and mind in a state of peace and calm as Chris guides us through Yoga moves and poses. I have always been resistant when it comes to technology, and I was definitely hesitant about joining the Zoom world, but Kim and her staff have made it easy for us to take care of ourselves, and I am grateful.

~Martha Boggs

Steady for Life Zoom has been a lifesaver for me in my CONSTANT battle with keeping healthy, flexible, well-balanced and just overall fit. I miss my in person Hampton Cove classes with Debra and the gang, but have really benefited from Paula's classes in the meantime. Now Debra is online and I can be doubly blessed with lots of excellent workouts! Heaven forbid I get the virus, but if I do, I know I can fight it successfully from having worked so hard with the Zoom classes. Truly gets my heart pumping! If you're not already a part of one of the classes, it's a decision you won't regret. Hop on board!!!!

~Judy Gattis

Like many of you, I have spent many hours alone during this unprecedented time. My oasis is Steady For Life offered via Zoom. I did not realize how much I miss companionship and movement. Our minds and bodies need connection with others and motion to stay happy and healthy. So if your exercise regime needs a boost, join Steady For Life's Zoom classes. If your commitment to exercise is waning, join Steady For Life's Zoom classes. If you miss your exercise friends, join Steady For Life's Zoom classes. If you long for human companionship during this tumultuous time, join Steady For Life's Zoom classes. It's user friendly too! Looking forward to seeing you!

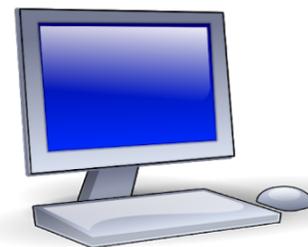
~Jackie Heard

There is something you should know about me. I am not a particularly good self-motivator. I have to be in the "mood" to do something, especially something I don't particularly enjoy doing. Like cleaning out the refrigerator, or re-organizing the pantry, or housework in general. I am NEVER in the mood to exercise. That was brought home to me, again, when SFL shut down because of Covid-19. I went for a few walks and that was about it. When the Zoom classes started I was really excited. I would get to see my friends in the class I attend and interact with them. Most importantly, it got me moving again. Even on days when I really wasn't in the "mood". Accountability is a strong motivator. I think I have only missed one class since we started back and that was because of internet issues. I encourage anyone who hasn't tried it yet to do so. I don't think you will be sorry. It is easy to set up and Paula or Kim will be glad to help you if you need it. I am definitely not tech savvy but I managed it with no real difficulty. I think you will really enjoy it.

~Celia Seay

ZOOM Classes will continue through December 2020!

- We will continue even once in-person classes resume. We want to make sure you stay STEADY and active!!
- Need a tutorial? Click on this link for a short video (<https://youtu.be/9isp3qPeQ0E>)
- Have questions? Contact Kim at (256) 652-2912 or Paula at (256) 651-8970



A Word From Our SFL Treasurer

Dear Steadies,

Thanks for your patience as the Steady for Life Staff and Board of Directors have worked to provide you with continued services as well as deal with the financial consequences of the COVID-19 shutdown.

In April, we provided a notice to those of you who are pre-payers and automatic draft payers that you had the option to suspend your payment while we weren't meeting in-person. We assumed that those who continued their payment (1) would continue exercises with the suggestions that we provided and/or attend our virtual Zoom classes, or (2) that you intended your tuition as a tax-deductible donation to help offset our fixed costs during the shutdown. I just want to say that we appreciate you all and we will communicate to everyone at the end of July as to when we feel it safe to resume classes.

We miss you,
Laura Mickels, SFL Board Treasurer



STEPS TO SAFE AND HEALTHY FRUITS & VEGETABLES

From the Store to Your Table

Fruits and vegetables are healthy to eat. But did you know that harmful germs, like *Salmonella*, *E. coli*, and *Listeria*, can sometimes be on fruits and vegetables? There are steps that can help keep you healthy—and your fruits and vegetables safer to eat—from the store to your table.



Fruit and Vegetable Safety at the Store or Market



Check for Bruises

- Choose fruits and vegetables that are free of bruises or damaged spots, unless you plan to cook them.



Keep Precut Fruits and Vegetables Cold

- Choose precut and packaged fruits and vegetables that are refrigerated or kept on ice.



Separate

- Separate fruits and vegetables from raw meat, poultry, and seafood in your shopping cart and in your grocery bags.

Fruit and Vegetable Safety at Home



Wash

- Wash your hands before and after preparing fruits and vegetables.
- Wash or scrub all fruits and vegetables under running water before eating, cutting, or cooking.
- Fruits and vegetables labeled "prewashed" do not need to be washed again at home.



Keep Cold

- Refrigerate cut, peeled, or cooked fruits and vegetables as soon as possible, or within 2 hours.
- Use a refrigerator thermometer to make sure the temperature stays at 40°F or below.



Separate

- Store fruits and vegetables away from, and not next to or below, raw meat, poultry, and seafood. These items can drip juices that may have germs.
- Use a separate cutting board for fruits and vegetables that is never used for cutting or preparing raw meats, poultry, or seafood.
- Wash cutting boards, counter tops, and utensils with hot, soapy water before and after preparing fruits and vegetables.

Get fruits & vegetables home and in the fridge in 2 hours or less

For more information, call 1-800-CDC-INFO or visit www.cdc.gov.

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Accessible version: <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>

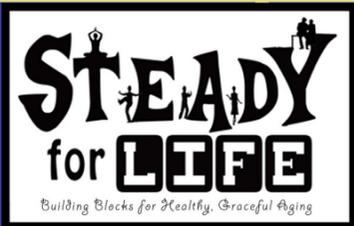


U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

5 Tips to Help You Drink More Water and Enjoy It!

- **Prepare** - being prepared is key! Figure out how you best like to drink your water. Ice cold? With a straw? Fill up your water bottle first thing in the morning and don't drink your coffee until you have had at least 8 ounces of water.
- **Add natural flavors** - get creative with adding various fruits and mints! Cucumbers are a fabulous add-in option. The flavor will help you drink more without getting bored.
- **Keep it with you at all times** - if your water is handy, you are much more likely to drink it often throughout the day!
- **Move more** - moving more and exercising will almost always make your body crave water to replenish itself! This is especially true if you are working up a sweat.
- **Get bubbly** - replace your sodas with naturally flavored seltzer waters! That is a great way to sneak in more water. You don't want to rely on fizzy water, but it's a great option to help you kick the soda habit and consume more H2O!

Hi Steady for Life Travelers...



THE DRIFTERS, THE PLATTERS, & CORNELL GUNTHER'S COASTERS

FRIDAY AUGUST 7, 2020 AT MILLTOWN

TRIP COST \$98 (SFL MEMBERS); \$115 (NON-MEMBERS)
INCLUDES SHOW ADMISSION, DINNER, DELUXE MOTORCOACH TRANSPORTATION

PICK-UP TIMES 12:15 FIRST NATIONAL BANK PULASKI
1:30 ASBURY CHURCH IN MADISON
2:00 MAYFAIR CHURCH IN HUNTSVILLE



It's not a concert, it's a party! Spend a nostalgic evening saluting 3 of the world's most beloved musical groups who were instrumental in creating the Rock & Roll/Doo Wop sound: Cornell Gunter's Coasters ("Charlie Brown," "Yakety Yak," "Poison Ivy"); The Platters featuring 4 of America's premier singers performing their greatest hits ("Only You," "Smoke Gets In Your Eyes," "The Great Pretender"); and The Drifters, one of Rock & Roll's founding vocal groups touring the U.S. again under the auspices of their original management team with their 50 year catalog of hits ("Under the Boardwalk," "Up on the Roof," "This Magic Moment," and "On Broadway").

Combined, these three Rock & Roll Hall of Fame groups have been associated with well over forty of the top classic songs in Rock & Roll history. From "Under the Boardwalk" to "Only You" to "Yakety Yak", very few artists can boast of a richer musical resume. With such incredible musical diversity - from the comedy of Cornell Gunter's Coasters to the romance of The Platters to the Motown Magic of The Drifters - this show has songs to please every palate, delivered just the way you remember them, when you first heard them on the radio.

RESERVATIONS

Reservation form(s) must be completed and turned in at the Steady for Life Main Office or mailed in with a check.

PAYMENTS

A \$25 deposit check will be collected at the time of registration, with the final payment due July 1, 2020.

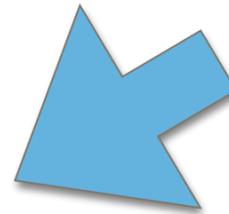
Note: Quoted price includes 3% check discount. If paid by other method, a 3% convenience fee will be added.

If paying by check, make payable to Steady for Life and notate this is for MILL TOWN. Either drop check off at the Steady for Life office during hours below or mail to Kim Davis.

STEADY FOR LIFE 7900 Bailey Cove Rd., Suite F
MAIN OFFICE Huntsville, AL 35802
M/W/F 9:00am-Noon

KIM DAVIS 990 Gilstead Circle
Huntsville, AL 35802
Kim.SteadyForLife@gmail.com

I hope you are enjoying the lovely June weather. I wanted to pass on to you a letter I received from First Class Charter letting us know the steps they are taking to provide safe & sanitized motor coaches as we anticipate our 4 remaining trips this year. (Attached) I have spoken with all our travel vendors and they are excited to see us. Next up is Mill Town Music Hall on August 7th. We will motor coach to Bremen, GA for an included dinner and show of The Drifters, The Platters, & The Coasters. Returning home about 11:00 p.m. Final payments for this trip are due July 1st.



Dear Valued Customer,

As always at First Class Charter, we strive to treat our customers as our family. Therefore, the safety of our customers and drivers is at utmost importance. With the outbreak of Covid-19, we can reassure you that our cleaning products are EPA approved and kill 99.9% of bacteria, and viruses including the Covid-19 virus. Also, our cleaning procedures and products comply with the recommendations of the CDC. A list of our cleaning products will be available on the motor coach or we can provide one to you as requested. We simply ask that you adhere to a few guidelines to keep yourself, your group and our driver safe.

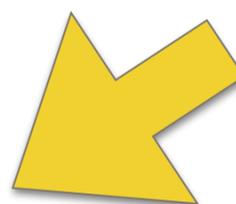
1. Do not board the motor coach if you are feeling sick or have felt sick in the last 24 hours.
2. We request tour directors and group leaders to know the condition of the passengers before boarding the motor coach.
3. Avoid touching your eyes, nose, mouth and face.
4. Wash hands with soap and water thoroughly (at least 20 seconds) and frequently.
5. Use hand sanitizer provided at the front of the motor coach and also in the restroom.
6. Cover your mouth when you cough or sneeze using a tissue or your elbow.
7. Although not required, the CDC recommends wearing a mask to protect yourself and others.

As the country begins to re-open, we anticipate lots of bookings very soon and hope that you will be one of them. Our promise to you is a clean and comfortable motor coach with a healthy, safe driver. We look forward to serving you and making memories together.

Best Regards,

Bill Adams

On September 2-3, we have an overnight trip with many exciting things planned for two whole days. Here are the details:



=mild walking



FOR THE LOVERS OF HISTORY, NATURE & FINE FOOD

Auburn & LaGrange

September 2-3, 2020

FEATURING:

- The Marriott Grand National, Opelika, AL - one of Alabama's most luxurious hotels
- A special lunch catered by the restaurant of nationally acclaimed Chef, David Bancroft ("Iron Chef" winner)
- Southeastern Raptors Show
- The Biblical History Center, LaGrange, GA - an archaeological museum exploring daily life in ancient times - includes a typical meal during this period.
- Hills & Dales Historic Home & Gardens - experience nature at its finest as you take a walk through the beautiful architecture home, historical gardens, and experience serenity and tranquility.
- Dinner at Bama Bucks Restaurant & Exotic Animal Refuge

~ SEE DETAILS ON BACK ~

9:30 a.m. Depart Asbury UM Church, 980 Hughes Rd. - Madison
10:00 a.m. Depart - Mayfair Church, 1095 Carl T. Jones Dr. Huntsville
9:30 p.m. Arrive back to Mayfair
10:00 p.m. Arrive back to Asbury

PRICING:

SFL MEMBER Double -\$299 Single-\$365 NON-MEMBERS Double -\$330 Single -\$396
FINAL PAYMENT DUE: JULY 1, 2020



Our much anticipated Amish Country Trip to Ohio is up next - October 5-9. This trip will be full of fun with more things planned than this flyer can hold!



 =mild walking



and our friends at
First National Bank
MEMBER FDIC

Ohio Amish Country

with Louisville, & Cincinnati

INCLUDES:

- Sight-seeing Riverboat Cruise • Amish-Mennonite Heritage Center
- Dinner Comedy/Variety Show • Ohio Star Theatre Performance
- Yoder's Amish Farm Tour & Buggy Ride • Lehman's Hardware Store
- Ernest Warther Museum & Knife Factory • VIP Dinner at Iroquois Amphitheatre
- Jack O' Lantern Festival • Chaney's Dairy Barn
- Back Stretch Breakfast at Churchill Downs • Corvette Museum
- 4 Breakfasts • 1 Lunch • 4 Dinners
- Surprises • Deluxe Motorcoach • 4 Nights Deluxe Lodging • Baggage Handling

October 5-9, 2020

Steady For Life Members \$885 Double Non-members \$965 Double
 \$1200 Single \$1280 Single

Final Payment Date: August 1, 2020

RESERVATION & PAYMENT

A \$100 deposit check and reservation form will be collected at the time of registration. A \$25 administration fee will be retained should you need to cancel you reservation before the August 1st final due date. After final payments, trip vendors will be paid and no refunds can be issued. Cancellation insurance is recommended.

Note: Should a credit card be used for final payment, the 3% credit card fee impose by the credit card company will be added to your final payment.

If paying by check, make payable to STEADY FOR LIFE and notate this is for the OHIO AMISH trip.

DROP OFF

STEADY FOR LIFE 7900 Bailey Cove Rd., Suite F
 MAIN OFFICE Huntsville, AL 35802
 M/W/F 9:00am-12:30pm

MAIL

KIM DAVIS 990 Gilstead Circle
 Huntsville, AL 35802
 Kim.SteadyForLife@gmail.com



Food, Friends, & Fun!



Birmingham, AL

Nov. 16, 2020

Depart Mayfair Church of Christ at 7:00 am
 and Asbury Church in Madison at 7:30 am.
 Return 7:30 pm

Itinerary Details on Back

\$98 members/\$115 non-members



Try a Tasty Trio!

Three Stop Brunch Tour

hosted by Birmingham local celebrity and food critic

Comedienne Joy

Feed Your Curiosity!

Golden Flake Potato Chip Factory Tour



Feast Your Eyes!

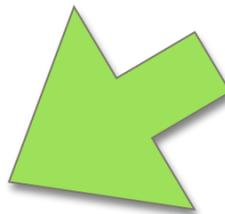
Birmingham Museum of Art

Indulge Your Cravings!

Homewood Antiques



On Nov. 16th, a unique trip to Birmingham is planned to do something I bet you've never done before.



Just one year away.....we will be enjoying the most requested destination - The Canadian Rockies by glass-dome train! We are now taking reservations. See the details and registration form below.



Canadian Rockies !
Vancouver to Banff
with
“Rocky Mountaineer Rail”
June 15 - 22, 2021



Your journey will begin with a visit to the fabulous west coast cities of **Vancouver and Victoria**, then journey through the Rocky Mountains of Alberta on the world’s most spectacular rail journey, the **“Rocky Mountaineer”**, which delivers it’s passengers to the doorstep of the **Icefield Parkway, the Athabasca Icefields and Jasper and Banff National Parks.**

Some Highlights include:

- **Victoria & Butchart Gardens**
- **Capilano Suspension Bridge**
- **Three nights Vancouver**
- **Three Nights Banff**
- **2- day Rocky Mountaineer Rail (Gold LEAF)**
- **Banff & Jasper National Parks**
- **Lake Louise & Bow River Valley**
- **Icefields Parkway / Ice Explorer Tour**
- **Sulphur Mt Gondola / Bow Falls**
- **Thirteen Meals!**

Lodging:
Sutton Place, Vancouver
Delta Royal Canadian Lodge

Price includes:

Fully Escorted Tour & Thirteen Meals, Luggage Handling, Tour Gratuities (including gratuities for Driver, included meals and guides)

\$5395 pp dbl (plus air)

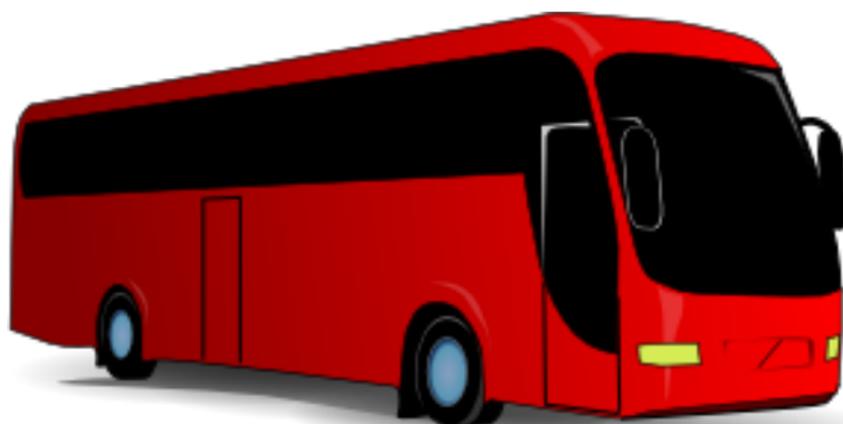
\$6595 pp sgl (plus air)

For more information & sign-up:

Kim Davis

256-652-2912

kim.steadyforlife.com





CANADIAN ROCKIES

JUNE 15-22, 2021

Double Occupancy: \$5395 (plus air) Single Occupancy: \$6595 (plus air)
Air Rates will be published as soon as they are available.

A \$200 deposit made payable to Steady for Life and accompanying this registration form will secure your reservation. Mail to: Steady for Life, 990 Gilstead Circle, Huntsville, AL 35802.

Please fill out first, middle, and last name as it appears on your license or passport.

FIRST _____ MIDDLE _____ LAST _____

DATE OF BIRTH: _____ Email: _____

PHONE NUMBER YOU WILL BE USING ON THE TRIP: _____

Passports will be required for this trip.

Would you like Travel Insurance? _____ Please select which insurance option.

Standard Travel Insurance: _____

If traveler cancels for a covered reason, the traveler will recoup 100% of the non-refundable trip cost. Traveler must cancel 24 hours before departure. This policy costs: \$506.00

Cancel for Any Reason Travel Insurance: _____

Cancel for Any Reason policy is an additional coverage to the standard travel insurance policy. It allows the traveler to recoup 75% of the non-refundable trip cost for a non-covered reason. Traveler must cancel 48 hours before departure.

If traveler cancels for a covered reason up to 24 hours before departure, the traveler will still recoup 100% of the non-refundable trip cost. This policy costs: \$759.00

Decline Insurance Coverage: _____

Insurance will be handled by Warther Tours through the TRAVEL INSURED company. Please make a separate check for your insurance payable to: Warther Tours.

I Will Obtain My Own Travel Insurance: _____

We Welcome Two Steady for Life Instructors to Our Team!



Britney Shoemaker

Britney took her dive into the fitness community in 2011. She is a personal trainer, group fitness instructor, Southeast regional captain for Revelation Wellness, fitness facilitator for her church, and cofounder of Reckless Reclamation. Another of Britney's passions is providing various classes to communities that wouldn't otherwise receive it such as foster homes, the Boys and Girls Club, and a local women's transitional living home. We are so happy to have her join our Steady for Life family as a balance & fitness instructor.



Karleen Killen

Meet our newest Yoga instructor! Karleen recently moved from southern California to Huntsville. She has been practicing Yoga for over 15 years and became a certified 200-hour Yoga instructor in 2016. Karleen continues to study Yoga through participation in classes, workshops and retreats. She is excited to share the many benefits with others in a fun way. She also has a Balance Certification from National Association of Sports Medicine.

Take care of yourself.
We can't wait to see you all!