



# 2nd Quarter Newsletter 2023

(256) 213-1976 [www.steadyforlife.org](http://www.steadyforlife.org)



## KIM'S CORNER

We've all heard "getting older is a privilege denied to many". To all of my friends from 50 years and up... most of us are going through a challenging phase of our lives. We're at that age where we see wrinkles, gray hair, and extra pounds. We've run households, had careers, raised families, paid the bills, dealt with sickness, sadness, grief, and everything else life has assigned us. We are survivors... we are warriors in the quiet... we are aged like a classic car or a fine wine. Even if our bodies are not what they once were, they carry our histories, our souls, our courage, and our strength. We should never feel bad about getting older. It's a privilege that is denied to so many.

In this issue of our Steady for Life newsletter you will see photos of our group enjoying time together; you will read of upcoming events and hear from one of our SFL instructors, Britney Shoemaker in an article she's entitled – STEADY FOR LIFE COMMUNITY.



Enjoy, ♥

Kim Davis, SFL Director



## DANCE PARTY May 19th



WOW! Is all I can say about our three STEADY FOR LIFE - MOVE TO THE MUSIC dance classes! These folks are having so much fun under the direction of instructors, Jill Chadwick & Donna Sisk. So much so, we'd like to invite everyone to a DANCE PARTY on Friday, May 19th to watch them do their thing! The dancers will "perform" from 10:00-11:15 followed by refreshments in Ridley Hall at Nativity Episcopal Church – 208 Eustis Ave. downtown Huntsville. Look for the Steady for

Life signs the corner of Eustis Ave. & Green St. showing you the free parking lot. There will also be a Steady for Life sign at the entrance into Ridley Hall. Please register online at [www.steadyforlife.org](http://www.steadyforlife.org) under the RSVP Events tab.



(We hope you will stay for the TWICKENHAM HISTORY WALK following the Dance Party. Details on page 2).



# TWICKENHAM SPRING WALKING TOUR May 19th 11:30-12:30



What started out as high school teacher and student in the 70's is a friendship which has lasted for many years. Our mutual love of history has led us on a journey which brings us together again to collaborate and present a walking tour of the Twickenham District. Come join Jeffry Murphy, history teacher and Van Brown, student story teller as we reminisce and bring history to life.

Departing from Nativity Episcopal Church parking lot – corner of Eustis Ave. & Green St., downtown Huntsville, the tour will be one mile long with stops along the way for your Huntsville history lesson.



Refreshments will be served at the church in Ridley Hall prior to our walk. Look for the Steady for Life signs showing you free parking, and also entrance into Ridley Hall. This event is free. You must register o n - l i n e at [www.steadyforlife.org](http://www.steadyforlife.org) under the RSVP Events tab.

(We hope you will come early and enjoy our Steady for Life Dancers. The three Move To The Music classes will be performing from 10:00-11:15. Details are on page 1).

## STEADY & SHARP — Take 2 May 5th



Many folks signed up for our Steady & Sharp event on March 3rd and the weather did not cooperate well. Although about half of the expected crowd was in attendance, we knew the material presented by Dr. Jan Liles and Pam Herdy, CRNP on that day was too important not to have a repeat. These ladies have kindly agreed to present the material again on Friday, May 5th, 9:00-10:00 at the Main SFL studio, 7900 Bailey Cove Rd., Suite G. The seminar is free, but we must receive an RSVP in order to have seating for you. You must register on the RSVP Events Tab at [www.steadyforlife.org](http://www.steadyforlife.org).

We will not have a repeat of our **fun, fun, fun ARE YOU SMARTER THAN A 4th GRADER?** Spelling Bee, but we promise to bring it back in 2025!

## STEADY FOR LIFE COMMUNITY

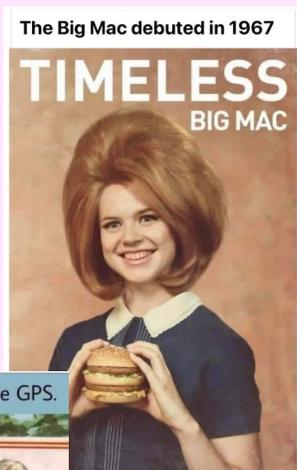
One of my favorite aspects of being a fitness coach and instructor at Steady for Life is the communal aspect of what we do. Anyone can go for a walk with their dog or hop on their home treadmill. But did you know that when you enter in community with us, you are guaranteed better health than if you go it alone?

A recent fascinating study by Les Mills International (a leading group fitness producer) has revealed that regular group exercise can make it easier to bounce back from stressful situations like health scares, loss of loved ones, and other significant life changes. It all comes down to something called galanin, a peptide associated with mental health. People with genetically low levels of galanin face an uncommonly high risk of depression and anxiety disorders. Exercise leads to a surge in galanin production, and the more galanin, the greater the stress resilience. Add interaction and untied movement to the equation and energy levels are almost guaranteed to spike. Even more fascinating is the same twelve-week study took the research one step further; it compared exercise in a group setting versus exercising at home to the same routine and same instructor on a virtual screen. The study proved that individuals in the group setting displayed thirteen to nineteen percent higher productivity levels than those who exercised on their own. Markers included enjoyment, exertion, and satisfaction rather than numerical accounts for calories burned, heart rate or fat burn.

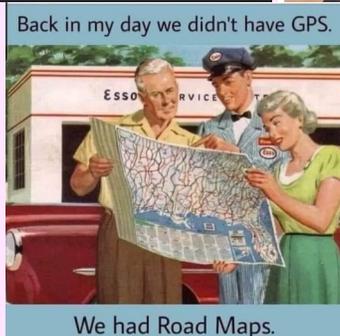
So next time you're thinking of joining in for one of our Steady for Life trips, group classes, or our one-time events be assured that there's so many ways we truly are better together. And just like I do with every one of my balance classes..... I dare you to join us and leave feeling better than you arrived! We are here to make sure that's always a success, and we love that you're part of our SFL community!

Britney Shoemaker,  
Steady for Life Instructor

## REMEMBER WHEN . . .

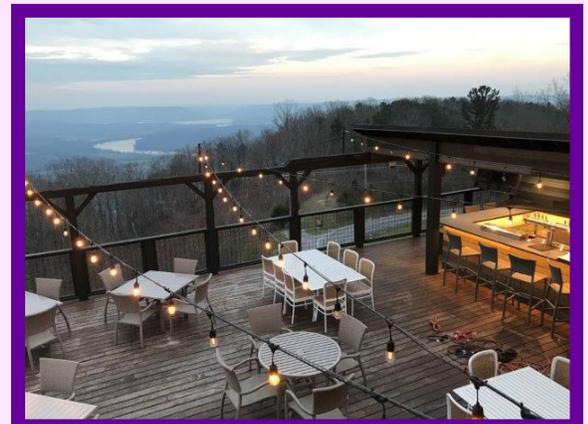
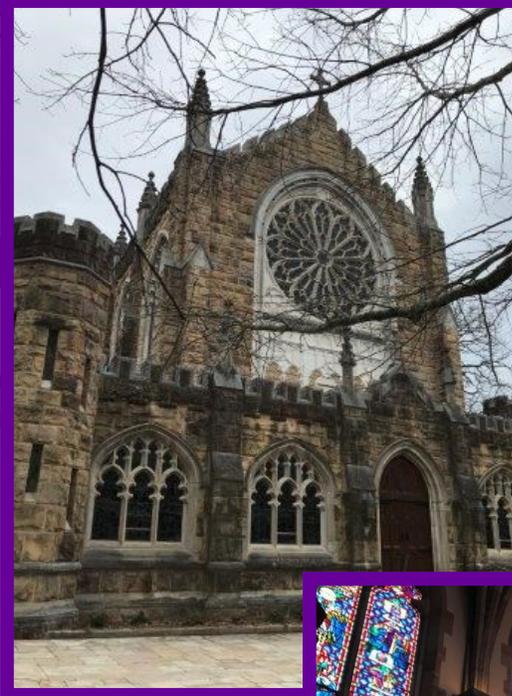


**A Sears catalog from 1961 advertising a child's "car seat"**



# TRAVEL SEASON!

On March 21st, we began Steady for Life Travel Season and had a wonderful time visiting Falcon Rest, Rock Island, Sewanee, and Top of the Rock Restaurant.



The England, Ireland, Scotland & Wales Trip, as well as the Viking Cruise from Prague to Paris is full with a waitlist. It's not too late for you to sign up for our June 2-3 Mystery Trip and our Atlanta Adventure September 20-22. See all the details at our TRAVEL TAB at [www.steadyforlife.org](http://www.steadyforlife.org).