

Steady for Life By Kim Davis

In January of 2014, Steady for Life (SFL) began as a church ministry with volunteer instructors. Within a few months, this core group of ninety students and four instructors formed an advisory board, started the application for non-profit status, selected a board of directors, and hired an Executive Director. The volunteer instructors were replaced with instructors certified in senior balance and fitness who were then acquired as independent contractors. The non-profit incorporation was completed in August of 2014, and class participants had nearly doubled. By 2015, SFL had leased space in a shopping center and had partnership agreements with five churches providing satellite locations for other parts of Madison County. The very popular Travel Program was launched under the direction of long-time travel director, Kim Davis.

As the program grew and more instructors and locations were added, Steady for Life became a nationally recognized program. Physicians and physical therapists increasingly referred patients to the program after hearing what their patients who were “Steadies” were doing in class to help with balance, strength, and flexibility.

Fast forward to 2024, twelve certified instructors teach fifty-five different classes each week in eleven locations within Madison County. The 400+ mature adults, ages 50+, can choose from Balanced Body Level 2 or 3, Move to the Music classes of Zumba and Line Dancing, Pilates, Mat Yoga, or Chair Yoga. As students progress in the

Balance classes, there is an advanced Aerobics-style class known as Rev-it Up for those who want to be challenged each week. Two of these classes also offer Zoom options. Volunteers help with class attendance records, monthly dues collection, sign-up of new participants, fundraising activities, seminars and workshops by local medical professionals, and quarterly social activities.

Still today, several hundred travel enthusiasts who take classes, or are just friends of Steady for Life, are welcome to come along on any of our eight trips each year. Something for everyone’s travel interest, time restraints or pocketbooks can be found on the TRAVEL tab of the Steady for Life website: www.steadyforlife.org.

To keep the program accessible to mature adults living on budgets, the initial class fee of \$20/month was increased to only \$25/month at the end of the eighth year of operation. Additional classes can be taken for just \$12.50 per month.

See the SFL website www.steadyforlife.org for details on instructors, class schedules, and events.



TESTIMONIAL

Exercise, travel, education, and friendships... what a perfect combination!

I was a caregiver for my husband for 3 years. I was so glad Rick was able to stay home to the very end of his battle with ALS, but WOW it took a toll on me. A friend introduced me to Steady for Life, “Cindy,” she said, “You need yoga it will help you relax and stay flexible.” Susan was a lifesaver as I faced life without my soul mate. I found comfort and renewed energy when I went to yoga class. This was not a room full of 20-year-olds this was a class with members some older than my 62 years and some younger and all at different levels. Chris was (and still is) a wonderful instructor for me to have as I eased into learning about yoga positions and balance. As I became comfortable with yoga, fellow classmates encouraged me to come to ‘Move to the Music’ on Thursdays with Jill. I struck gold with this class too! A fun cardio workout for the heart and the brain. I look forward to these classes every week and seeing the friends I have made. Then, I heard that the “Steadies” also travel together. I signed up for a day trip not knowing what to expect. My first seatmate on the motor coach has become a dear friend and I have enjoyed many trips since then. I also mark my calendar for upcoming Health Seminars that Kim hosts throughout the year. I had a free hearing test after one health seminar and found out I needed hearing aids (which I suspected). Here I am two years later, turning 65 next month, feeling physically stronger and mentally sharper than ever!

*Thank You Kim and “Steady for Life” staff.
Cindy Isaacs*

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