

Healthy Obsession

[Sam Whiting](#)

Monday, June 28, 2010



Liz Hafalia / The Chronicle
Lola Eastridge enjoys the sense of community in her soul line dancing class in Redwood City.

Lola Eastridge, 73, of Redwood City, is retired as a hospital lab technician but still working hard on her soul dancing. She gets into the line and moves it to the oldies.

Why: I like soul line dancing for the exercise and movement, plus it improves my balance.

The class has also been good for my memory.

Gear you can't live without:
"Celebration" by Kool & the Gang.

Where you train: The Family Service Fair Oaks Intergenerational Center in Redwood City.

Time you get up in the morning: 6 a.m.

Best time to train: Early in the day, when I am feeling my best. The soul line dance class starts at 10 a.m. every Thursday. When we take water breaks, everyone is very friendly. It's a good community.

Most annoying thing people assume about athletes in your sport: That older people cannot move or dance. To me, soul line dancing is more complicated than other types of dancing, but our teacher, Juanita Croft, is excellent. She's constantly teaching us new steps.

Advice you'd give a rookie: Keep moving. Learning the steps can be hard, but I improved because I believed in myself.

Know someone hooked on a sport? E-mail Sam Whiting at swhiting@sfnchronicle.com

This article appeared on page E - 3 of the San Francisco Chronicle