



a strength, balance, and fitness class for adults 65+

## Stay Active and Independent for Life

Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL Program can help improve strength and balance, if done regularly. SAIL is usually offered 2-3 times a week in a one hour class. SAIL exercises can be done standing or sitting.

*It works... you will be stronger, have better balance, feel better, and this will help you stay active and independent.*

*It's safe... the instructors are experienced and skilled, and exercises have been tested with seniors.*

*It's fun...you'll meet other seniors and make new friends.*

### SAIL Program Leaders

Stay Active and Independent for Life (SAIL) classes are conducted by fitness, exercise science and healthcare professionals who have completed SAIL Program Leader training. All program leaders are carefully selected for their ability to deliver effective and efficient training, while adhering to the core components of the SAIL Program. Leaders work with participants to help achieve the best results from the fitness classes.

### SAIL Publications

Two publications support the SAIL Program - The blue information guide offers written information on topics such as Building Your Fitness Plan, Understanding Your Health Issues and Keeping Yourself Independent through Home Safety. The green exercise guide provides illustrations of the exercises in the SAIL fitness class. SAIL Program Leaders distribute the exercise guide to those who join a SAIL class.

### SAIL Program Costs

SAIL is a public-domain program. There are no initial site license fees and no yearly renewal fees for conducting SAIL classes. SAIL has been approved by the Administration for Community Living as an evidence-based program that meets the Older American Act Title 3D funding requirement. SAIL program costs include program leader expense and optional weights.

### SAIL Community Classes

SAIL classes are located in many local communities. For a listing of SAIL classes go to <http://livingwell.doh.wa.gov/senior-falls/>

For more information contact:

Senior Fall Program Manager  
Washington State Department of Health  
360-236-2861