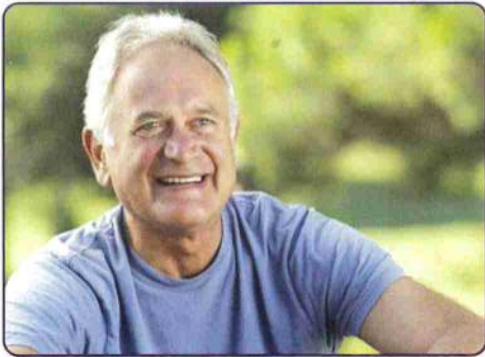


## TESTIMONIALS

“SAIL has helped my flexibility, my stamina and my state of mind. I am stronger today because of this class.” - *Anthony* (78)

“My balance has improved so much that I am not as afraid to fall again and I have learned how to keep myself safe.” - *Molly* (89)

“This class gets me up and moving, motivated to get out and go. I am stronger and feel great!” - *Arnold* (70)



To learn more about SAIL and where classes are held in your neighborhood:  
[www.sailfitness.org](http://www.sailfitness.org)



**A strength, balance, flexibility  
fitness program for adults 65+**

A Title III D Evidence-Based Program  
by the Administration on Aging  
focusing on Fall Prevention



The Washington Department of Health  
in collaboration with Healthy Aging, LLC  
administers the SAIL Program in Washington State

[www.sailfitness.org](http://www.sailfitness.org)

## FALLS ARE PREVENTABLE!

SAIL, Stay Active & Independent for Life, is a strength, balance and flexibility fitness program for older adults 65+ with the primary focus on Fall Prevention.



The entire program was designed for any level of ability and can be done standing or sitting down.

Periodic Fitness Checks are done to assess the progress of the participants to ensure a positive outcome.

Each SAIL class includes a mandatory education component sharing tips on home safety and being aware of your surroundings to lower your risk of falls.

Exercise done regularly results in a stronger, more flexible, fit, balanced body and as a result less chance of a fall.



The SAIL program is a one hour class three times a week conducted by a certified SAIL Instructor who is trained to meet individual needs and set goals.

The following components are included in each class:

- Warm-up 3-5 minutes
- Aerobics 18-20 minutes
- Mandatory balance exercises 10 minutes
- Mandatory strength exercises 15-18 minutes
- Stretching and education 8-10 minutes