



**Stay Active
& Independent
for Life (SAIL)**

SAIL FITNESS CLASSES



***Maintaining safe and independent living
for older adults in Montana.***

HELP SENIORS SAIL INTO A HEALTHY LIFESTYLE

As we age, mobility often becomes more limited and can cause people to fall or become more isolated, but this doesn't have to be the case. Montanans can SAIL into a healthier lifestyle with Stay Active & Independent for Life (SAIL).

SAIL is a 12-week fitness program specifically designed for adults aged 65 and older that focuses on strength, balance, and mobility, which reduces the risk of falls and improves overall quality of life.

SAIL BENEFITS

Improves Overall Health

SAIL classes will help older adults gain and maintain strength, improve balance, and enhance overall health. As part of SAIL, fitness checks are conducted before or during the first class and at 12-weeks to show improvements, so participants can track their progress.

Fewer falls means fewer injuries, fewer visits to the emergency department, fewer hospitalizations, and fewer fall-related deaths.



DEPARTMENT OF
**PUBLIC HEALTH &
HUMAN SERVICES**

1-844-MTHLT (1-844-684-5848)

ChronicDiseasePrevention@mt.gov

<https://dphhs.mt.gov/publichealth/FallsPrevention>



SAIL FITNESS CLASSES

- One hour of specially-designed exercise, two or three times per week.
- Classes taught by a qualified instructor.
- Exercises are adapted for all levels of physical ability — participants can sit or stand.
- Exercises are specifically designed to help maintain and improve balance.
- All participants receive a copy of “Stay Active and Independent for Life: An Information Guide for Adults 65+”.

Visit the Montana Falls Prevention Program website for more information at <https://dphhs.mt.gov/publichealth/FallsPrevention>

SAIL Leader Qualifications

- Complete a one-day SAIL leader training
- CPR Certified
- Background in fitness or exercise science is preferred but not required
- Comfortable speaking in front of a group
- Enjoys working with older adults

Provides a Safe Way to Better Health

Classes are specifically designed for older adults and have been tested for safety and effectiveness. In addition, SAIL is fun and engaging.

Reduces Falling Risk

Falls are the leading cause of fatal and non-fatal injuries in older adults. However, falling is NOT a normal part of aging. SAIL classes help reduce that risk by focusing on balance, mobility and strength, which help lower the risk of falls.

Helps Maintain Independence

Gaining and maintaining strength is vital to remaining independent. SAIL classes help with strength, along with balance, mobility and agility – all of which help older adults move more confidently through life.

Suits All Fitness Levels

One of the biggest benefits of SAIL is that anyone can start regardless of their current fitness level because classes are designed to fit individual needs. People are able to participate – and benefit – from a standing position or sitting down.

Start SAIL in Your Community

The Montana Department of Public Health and Human Services (DPHHS) is looking to expand the coverage areas of where SAIL classes are offered. The help of community leaders is needed.

If you or someone you know is interested in establishing SAIL classes to service older Montanans in your local community, please email ChronicDiseasePrevention@mt.gov or call **1-844-MTHLT (684-5848)**.

