



Fact Sheet

Stay Active & Independent for Life (SAIL)

BURDEN FACTS

- Falls are the **leading cause** of both fatal and nonfatal injuries for adults aged 65+.¹
- **One out of four** older people falls each year.²
- **Falling once doubles** your chances of falling again.²
- **Over 95%** of hip fractures are caused from falling.²

Stay Active & Independent for Life (SAIL)

The Stay Active & Independent for Life (SAIL) is a 12-week strength, balance, and fitness program for older adults (aged 65+).

- Every class **focuses** on balance, strength, and stretching exercises.
- **Exercises** can be done sitting or standing.
- **Fitness checks** are done every 12 weeks to assess participants' improvement.
 - Fitness checks include:
 - 8-Foot Timed Up and Go
 - Bicep Curls
 - Chair-Stand

Program Benefits

- **Reduce** risks of falling.
- **Improve** balance, mobility and leg strength, all known risk factors for falls.
- **Maintain independence** by building strength, improve balance and agility.
- **Fewer falls** mean fewer injuries, fewer visits to the emergency room, fewer hospitalizations, and fewer deaths due to a fall.

CONTACT

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RESOURCES

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

1. Centers for Disease Control and Prevention. National Center for Injury Prevention and Control. Web-based injury statistics query and reporting system (WISQRS). <http://www.cdc.gov/injury/wisqrs/index.html>
2. Centers for Disease Control and Prevention, (2017) Home and Recreational Injury. Older adult falls. <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>