

S.A.I.L. Program

Stay Active and Independent for Life



Stay Active and Independent for Life (SAIL), is a fitness program to help adults 65+ improve their strength, balance, and flexibility.

Did you know that improving your activity level can keep you from falling?

As you get older, falling can be more dangerous. By following the SAIL program, you can do your part in reducing your risk of falling.

No matter how active you have been, the SAIL program can help you. The activities can even be done sitting down!



Texas Health
Harris Methodist Hospital®
FORT WORTH

It Works...

You'll be stronger, have better balance, flexibility, and learn that falls are preventable!

It's Safe...

SAIL instructors are trained to help each individual meet their goals. The program can be done standing up or sitting down.

It's Fun...

Meet new people who have similar goals as you. Join a group of people who want to feel motivated, healthy, and reduce their risk of falling.

The class is 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
Balance exercises	10 minutes
Strength exercises	15-18 minutes
Stretching and education	8-10 minutes

Each SAIL class also includes an educational component to help you learn about home safety, and other ways to reduce your risk of falling.

Enroll in a FREE class today!

SAIL classes are available to the community for FREE! For more information on dates and times or to enroll in a class, please contact:

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