



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

Improve strength, balance, and fitness to stay active



Stay Active & Independent for Life (SAIL) is a strength, balance, and fitness program that meets two or three times a week for one hour.

- **It works...** you'll 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 older adults.
- **It's fun...** you'll meet other older adults and make new friends.

What participants say:

"The sessions got me exercising daily. Now I am more confident walking and going up and down stairs. It's helping me continue to live independently."

"Loved it! I've made a bunch of new friends."

"The aerobics have been great for me. I have increased my stamina and I am sleeping better, doing more."



Juniper is a statewide network grounded in your local community to help you live well, get fit, and prevent falls.

yourjuniper.org | Toll Free 1.855.215.2174



This program is for you if you:

- Want to improve strength and stay active
- Are looking for a situation that provides structure and accountability
- Want ongoing opportunities for social connection

Each session consists of warm up, aerobics, balance exercises, strength exercises, stretching, and education. Exercises can be done standing or seated. SAIL is evidence-based and is proven to improve strength and balance and reduce falls.

Join us for this program in your community, with your neighbors.

To find sessions in
your area visit:

yourjuniper.org

The program was developed
in Washington state with
support from the CDC.