



# Stay Active and Independent for Life

*(An evidence-based group fitness program)*

**SAIL Program Approved by** Administration on Aging.

## Websites

Program Website (within Washington State):

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

Program Website (outside Washington State):

[www.synapticseminars.com](http://www.synapticseminars.com)

Online Training (available to all):

<https://www.pierce.ctc.edu/elearning-sail>

**Year Program First Implemented in Community Settings: 2006**

## General Program Information:

Stay Active and Independent for Life (SAIL) is a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chance of falling. The entire curriculum of activities in the SAIL program can help improve strength and balance, if done regularly. SAIL is offered 3 times a week in a one hour class. SAIL exercises can be done standing or sitting.

The Sail program consists of the following components

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

## Intended Target Audience:

Primary focus is on community-dwelling older adults (65+) and people with a history of falls. The SAIL program is able to accommodate people with a mild level of mobility difficulty (e.g. people who are occasional cane users). The program focuses on improving flexibility, strength and balance.

## Program Costs:

SAIL is a public-domain program. There are no initial site license fees and no yearly renewal fees for conducting SAIL classes. SAIL has been approved by the Administration for Community Living as an evidence-based program that meets the Older American Act Title 3D funding requirement. The program can be provided free of charge or for a low cost fee for seniors, depending on the community.

**Recommended Class size:** 8-15 depending on the size of the room and familiarity of the Instructor with participants

**Length /Timeline of program:**

The SAIL program is a one hour class session conducted three times per week. The program can continue in duration for as long as the organization wishes.

**Resource Requirements:**

Space Requirements

- Room large enough to safely accommodate persons and chairs with the recommended maximum number for persons for that space
- Aerobic format or style depends on the size of the space for persons to safely move around

Equipment/Supplies:

- Attendance sheet
- Name tags
- Armless chairs for each participant
- Adjustable cuff ankle /wrist weights for each individual. Hand weights can be used, but not ideal.
- SAIL Information Guide for participants - The blue information guide offers written information on topics such as Building Your Fitness Plan, Understanding Your Health Issues and Keeping Yourself Independent through Home Safety.

**Training Requirements: Instructors**

SAIL classes are conducted by fitness, exercise science and healthcare professionals who have completed SAIL Instructor training. Instructors are carefully selected for their ability to deliver effective and efficient training, while adhering to the core components of the SAIL Program. SAIL Instructors work with participants to help achieve the best results from the fitness classes.

Instructor qualifications

- Completed online or in person SAIL Instructor Training
- Experience working with and teaching physical activity to older adults is preferred.
- Able to perform the required exercises with appropriate form and range of motion. Good aerobic stamina for the low level exercises is encouraged.
- Current CPR and First Aid certification recommended

A "SAIL Certificate of Completion" is awarded to Instructors to indicate successful completion of the training program.

**Measures and Evaluation of Activities and Instructors:**

A fitness check of Eight Foot Timed Up & Go, Biceps Curl and Chair Stand is recommended every 12 weeks for participants. Mandatory strength, balance and stretching exercises are required in the class. SAIL Instructors are expected to adhere to the program's training protocol. A fidelity checklist is available to provide standardized, peer to peer Instructor evaluation criteria.

**Health Outcomes and Evidence Supporting Health Outcomes:**

An evaluation of the SAIL program was published in the *Journal of Gerontology: Medical Science* 2007. The research found that a community based multifaceted intervention was effective in improving balance, mobility and leg strength, all known risk factors for falls. In 2010, a Transitional Research Evaluation of SAIL published in the *2010 Society for Public Health Education* found that 93% of respondents reported improved performance of daily activities; 92% reported improved strength, balance, fitness or flexibility; and 80% found the SAIL information guide education component helpful.

**Program trademark/Logo Use:**

Available to SAIL Instructors who receive certification.

**Research:**

Laing S, Silver I, York S, Phelan E. Fall prevention knowledge, attitudes and practices of community stakeholders and older adults. *Journal of Aging Research*, Vol. 2011 (2011) article ID 395357;

York SC, Shumway-Cook A, Silver I, Morrison C. A translational research evaluation of the “Stay Active and Independent for Life” (SAIL): a community-based fall prevention exercise and education program *Health Promotion Practice*; 12(6):832-839, November 2011;

Carlson T, York SC, Primomo J. The utilization of geographic information systems to create a site selection strategy to disseminate an older adult fall prevention program. *The Social Science Journal*; January 2011, 48(1):159-174,

Shumway-Cook A, Silver IF, LeMier M, York S, Cummings P, Koepsell T. The effectiveness of a community-based multi-factorial intervention on falls and fall risk factors in community living older adults: A randomized, controlled trial. *Journal of Gerontology: Medical Science* 2007; 62(12):1420-1427.

**For more information contact:** Senior Fall

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