



Fact Sheet Stay Active & Independent for Life (SAIL)

BURDEN FACTS

- **20%** of Montana adults report not engaging in physical activity. ¹
- **2 out of 3** Montana adults are overweight or obese. ¹
- **Regular** physical activity improves overall health and reduces risk for chronic diseases. ¹
- **Recommended**— adults get 150 minutes of moderate-intensity aerobic activity each week.

STAY ACTIVE & INDEPENDENT FOR LIFE (SAIL)

The 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 improvement.
 - Fitness checks include:
 - 8-Foot Timed Up and Go
 - Bicep Curls
 - Chair-Stand

PROGRAM BENEFITS

- **Improve** balance, mobility and leg strength, all known risk factors for falls.
- **Maintain independence** by building strength, improve balance, and agility.
- **Manage** chronic health conditions to improve quality of life.
- **Reduce** risks of falling.
 - **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 Chronic Disease Bureau website for more information: <https://dphhs.mt.gov/publichealth/FallsPrevention/>

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>