



Improve strength,
balance, and fitness
to stay active



Stay Active & Independent for Life (SAIL) is a 12-week strength, balance, and fitness class that meets three times a week for one hour. You'll:

- **It works...** you'll be stronger, have better balance, feel better, and this will help you stay active, independent and prevent falls.
- **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 class 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 class is for you if you:

- Want to improve strength and mobility
- Are looking for a class that provides structure and accountability
- Want ongoing opportunities for social connection

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

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

To find classes in
your area visit:

yourjuniper.org

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