

Stay Active and Independent for Life (SAIL)

What is this class about?

SAIL is a strength, balance, and fitness program for older adults.

Who can this help?

This class helps adults who are 65 and older and people with a history of falls.

How does this work?

SAIL classes are taught by fitness, exercise science, and healthcare professionals who have completed SAIL instructor training. The SAIL program consists of the following components:

- Warm up
- Aerobics
- Mandatory balance exercises
- Mandatory strength exercises
- Stretching and education

Are you ready?

Call: **817-702-2570**

Email: CommunityOutreach@jpshealth.org



JPS Health Network
Fort Worth, Texas