The S.A.I.L. Program
Stay Active and Independent for Life

General Information

Please share this information sheet with your primary care provider.

The Tennessee Commission on Aging and Disability received a Falls Prevention Grant from the Administration for Community Living to expand the SAIL program across the state of Tennessee. SAIL is an evidence based strength and balance fitness class which meets 2-3 times per week for 1 hour. There are approximately 20 participants in each class and the exercises can be done sitting or standing. The class includes aerobics, balance exercises, strength training with wrist and ankle weights, and stretching exercises. Classes are led by certified fitness instructors who have attended the 2-day SAIL Leader Training Program.

Falls among older adults are one of the greatest causes of injury hospitalizations in the country. Older adults who do strength and balance exercises regularly can decrease their risk of falling. The SAIL program was developed as a result of the Senior Fall Prevention Study funded by the Centers for Disease Control coordinated by Washington State Department of Health and NorthWest Orthopaedic Institute. The result of the study showed that seniors who attended the exercise classes at least 2-3 times per week for one year decreased their falls by 26%.

For motivation and evaluation, the class participants undergo baseline “Fitness Checks” when they start the classes. These are repeated at regular intervals throughout the year.

The Fitness Checks include:

- 8 foot timed up and go (TUG) – measured in seconds
- Biceps curl – measured by number of reps in 30 seconds (women:5lb, men:8lb)
- Chair-Stand – measured by number of stands in 30 seconds

Benefits of the classes:

- Staying active
- Staying independent
- Helping prevent falls

For more information about S.A.I.L. please contact:

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