

Stay Active and Independent for Life (SAIL)

Do you want to:

- Have the latest information on health risk and fall risks for adults age 65 and older?
- Be informed on falls as a serious public health issue among older adults, and the role of strength and balance exercise and health education in preventing falls, and promoting their physical function and independence?
- Be able to articulate the various components of fitness specific to older adult populations?
- Understand age specific exercise principles for older adults and prepare a senior exercise plan?
- Learn to identify motor systems, sensory systems and cognitive systems as components of the balance system, and understand the role of balance in older adult health and physical function?
- Understand motivational techniques specific to older adult populations?

Sign up online now at:
www.pierce.ctc.edu/sail



Stay Active & Independent for Life (SAIL)

a strength, balance, and fitness class for adults 65+

Pierce College Distance Learning and the Department of Health, bring you **Stay Active and Independent for Life (SAIL)** training, a Professional Education Online Course.

This training is designed to provide instructors and other professionals (exercise, fitness, personal training, occupational/physical/recreation assistants and therapists and others with health science qualifications) with the latest evidence and research to integrate into their exercise programs for older adults.

- **Basic Course:** *Certified Exercise Instructors, Personal Trainers or Physical, Occupational, Recreational Assistants.*
Intended for the broad range of positions in aging services and health science professions who teach exercise courses to a variety of individuals. \$130
 - **August 6-October 14, 2009**

