

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 and Therapists.* 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**
- **Advanced Course:** Physical/Occupational/Recreational Assistants and Therapists. You must have a degree to take this course as it entails additional theory and research that is not addressed in the Basic course and will help you meet your professional continuing education and development needs. \$190 *Coming Fall 2009...*

