



SAIL® Home Activity Program

Regular physical activity is **the best tool** to improve health and wellbeing.

The SAIL Home Activity Program has 3 levels:

- level 1: Sitting
- level 2: Standing
- level 3: Moving

Your doctor, nurse, physiotherapist, occupational therapist, or home support supervisor can tell you which level is best for you.

NOTE: Be sure to tell them about any broken bones or operations in the past 3 months. Recent hip surgery may mean that some of the activities are NOT safe for you.

Reasons to Move Your Body

It **helps** your:

• brain	• heart
• muscles and joints	• lungs
• immune system	

Which **improves** your:

• strength	• sleep
• balance	• mood
• breathing	• energy
• thinking	• bowels (less constipation)

Which **helps** you:

<ul style="list-style-type: none"> • stay at home <ul style="list-style-type: none"> ○ keep your independence ○ avoid or delay going to a care home ○ put less stress on your family
<ul style="list-style-type: none"> • walk or move more easily <ul style="list-style-type: none"> ○ keep doing the activities you enjoy
<ul style="list-style-type: none"> • age well <ul style="list-style-type: none"> ○ helps stop dementia and cancer ○ live well even with chronic disease



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A little bit of exercise is always good, and some is always better than none.

Some Ideas to Help Get Started

- Use a “buddy”
 - do the activities with a friend, neighbour or family member
 - ask someone to check with you regularly about how you are doing with the activities
- Get into a routine – exercise at the same times and in the same place each day
 - put a reminder note in the bathroom or other place you go several times a day
 - level 2 and 3 activities are best done at the kitchen sink (it doesn’t move and is easy to hold on to)
- Shorter activity times - more often is often best to start
 - if needed, start with 5 minutes of activity - 3 or 4 times a day rather than 15 or 20 minutes without stopping
- Keep track
 - each day, write down how many you do of each activity
 - the SAIL Home Activity Program Tracker can help you

What People Have to Say

“My back pain is a lot better since I started these.”

Ruth, age 72

“I didn’t realize how much weaker one of my legs was until I started doing these.

Now I am working hard to get that leg stronger.”

Mary, age 83

“I have been doing the activities for 8 weeks, and now my knees don’t hurt as much. I am not as depressed. My blood sugars are better, and I’ve lost 6 pounds without even trying. I feel good.”

Ed, age 67

“My dad (age 77) started these exercises, and now he is feeling stronger and has more energy. His attitude has changed and he is feeling hopeful again. It is just wonderful.”

Tara