



Stay Active & Independent for Life

(S.A.I.L.)

S.A.I.L. is a Fall Prevention program incorporating a strength and balance fitness class which meets 2-3 times per week for 1 hour. A class may have up to 20 participants and the exercises can be done seated or standing at your own pace. The class includes warm ups, aerobics, both dynamic and static balance exercises, strength training with wrist and ankle weights, along with cool down stretching and education. Classes are led by a certified fitness instructor who attend S.A.I.L. instructor training.



Matter of Balance is an 8 week program designed to reduce the fear of falling and increase activity levels among older adults. Participants learn to set realistic goals to increase activity, change their environment to reduce fall risk factors, and learn simple exercises to increase strength and balance.



Tai Chi for Arthritis

Tai Chi is a gentle form of movement using every part of the body coordinated in a natural and slow rhythm of motion. Tai Chi for Arthritis can be done seated or standing and is a part of the Tai Chi for Health programs created by Dr. Paul Lam, M.D. of Sydney, Australia.

For More Information on dates and locations or to register, please contact:

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Health Promotions



Health, Education & Fitness

Evidenced Based Programs



The East Tennessee Human Resource Agency, Inc. is an equal opportunity employer and applicants are considered without regard to race, color, religion, six national origin, age, marital status, or disability.



The East Tennessee Area Agency on Aging & Disability (ETAAAD) a division of the East Tennessee Human Resource Agency (ETHRA), invites you to participate in these evidenced based program (EBP) offerings. These classes are available in select counties throughout the region. Many are free for seniors or have a minimal charge and usually can be done seated or standing. All are endorsed by the National Council on Aging (NCOA) and have been researched to ensure reliability and validity for senior health and fitness.

Health, Education & Fitness

- Arthritis Foundation Aquatics
- Arthritis Foundation Exercise
- Arthritis Foundation Tai Chi
- Arthritis Foundation Walk with Ease
- Chronic Disease Self-Management Program (CDSMP)
- Diabetes Self-Management Program (DSMP)
- Matter of Balance
- Stay Active & Independent for Life (SAIL)



Arthritis Foundation (AF) Flagship Facility

- Aquatics
- Exercise
- Tai Chi
- Walk with Ease

There are over 100 forms of Arthritis and these outstanding programs were created for those who experience the challenges of this chronic condition. Each class generally meets a minimum of two times a week for 45-60 minutes for 6-8 weeks. Each class is scheduled in selected counties based on participant level of demand. Certified instructors lead all classes and are CPR certified.



Chronic Disease Self-Management Program “Living a Healthy Life” & Diabetes Self-Management Program

are 2 of Stanford Universities’ well known educational series and are conducted by trained leaders. Both programs have an excellent record of proven results to manage pain, fatigue, depression and frustration thru a very interactive group process and weekly goal setting!

