



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



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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*