

# Sit and Be Fit

TONE AND STRETCH IT



## *In Realtime*

Sit and Be Fit™ is a balanced exercise and relaxation program done sitting in a chair or standing beside the chair using it for balance.

While this tone and stretch program is effective for any person who it was designed to move the special needs out:

- Senior Citizens
- Adults with Disabilities
- Chronic Pain Patients
- Wheelchair Bound
- Overweight
- Arthritis, Osteoporosis, Stroke, Diabetes, Hypertension

# Sit And Be Fit Tone And Stretch Ii In Ragtime

**SJ Ball**



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