

SIT AND BE FIT™



These SIT AND BE FIT workouts feature Mary Ann Wilson, RN, from the popular public television series. The Osteoporosis Workout is a series of exercises designed to improve postural stability, core strength, and balance control. Mary Ann leads viewers through both fun and challenging seated and standing exercises including stretching, balance and strengthening routines, plus exercises designed to improve circulation.



Professionally designed by

Mary Ann Wilson

- Registered Nurse
- Internationally certified by ACE (American Council on Exercise)
- Producer/Host of SIT AND BE FIT television program
- Lecturer, teacher, nationally recognized leader in the field of Senior Fitness

"The SIT AND BE FIT program is practical, effective and inspiring. It repeatedly makes the point that our bodies are our most precious possession. It is highly recommended."

Walter M. Bortz II, M.D., Clinical Associate Professor of Medicine, Stanford University School of Medicine

"Your SIT AND BE FIT videos have brought the importance of exercise to the geriatric and less mobile population with significant benefit. I can strongly endorse these videos."

John A. Fagan, M.D., Geriatric Specialist, Rockwood Clinic, P.S., Spokane, WA

Workout	Time
Seated Warm-up Exercises	4:42
Seated Circulation Exercises	2:03
Seated Band Exercises	4:10
Seated/Standing Leg Strengthening	3:18
Seated/Standing Balance Exercises	3:14
Seated/Standing Leg Stretching	2:00

Please consult your physician before beginning this or any other exercise program. This program is in no way intended to take the place of prescribed therapy or medical treatment. THIS IS NOT A CARDIOVASCULAR WORKOUT.



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Sit And Be Fit Osteoporosis Specialty Video Tape

JA Banks



Sit And Be Fit Osteoporosis Specialty Video Tape:

Active Older Adults Lynn Allen, 1999 This manual provides a collection of 15 award winning fitness programs for seniors The ideas and activities which have been gathered from programs across the country are presented in a consistent and easy to understand format Directions for implementing the programming ideas are included as are sample charts brochures registration and safety forms newsletters and a listing of resources that will ensure a successful program Active Older Adults presents a full spectrum of approaches to helping seniors get and stay fit Some of the programs provide introductions to basic fitness principles while others explain how to lead older adults in specific activities such as strength training line dancing and water walking There are also low stress programs for individuals with cardiovascular or joint problems BACK COVER

The Video Source Book David J. WEINER, 1990 Yoga Journal , 1998-01 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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and other measures that can be taken to tackle osteoporosis Written in association with the Royal Osteoporosis Society this practical book is a must have for anybody affected by osteoporosis Packed with advice friendly tips and ideas and an overview of current research and what we can all be doing to help ourselves live well Also contains specially designed exercises to help encourage a more active lifestyle and strengthen areas of weakness alongside the important theory and medical side of osteoporosis This is an easy to digest friendly guide for the general reader **Exercises for Osteoporosis**

Dianne Daniels,2000 Noting that exercise increases bone density and muscle strength to guard against the risk of osteoporosis the author provides over 100 detailed beginning intermediate and advanced exercises to strengthen various parts of the body and to improve balance 200 photos *Sit and be Fit* ,2008 These Sit and be fit workouts feature Mary Ann Wilson RN from the popular public television series Each 27 minute episode includes full body workouts designed to strengthen stretch and improve overall function of your body Mary Ann creates and leads exercises that are easy upbeat and lively which feature fun movements and music Plus seated versions of the standing workous are demonstrated by a second instructor cover

The Enigmatic Realm of **Sit And Be Fit Osteoporosis Specialty Video Tape**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Sit And Be Fit Osteoporosis Specialty Video Tape** a literary masterpiece penned with a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those that partake in its reading experience.

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