

Sit and be Fit™

T O N E A N D S T R E T C H I I



In Ragtime

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 given age, it was designed to meet the special needs of:

- Senior Citizens
- Arthritis Sufferers
- Stroke Patients
- Wheelchair Bound
- Overweight
- Anyone Needing Slow, Gentle Movements

Sit And Be Fit Tone And Stretch Ii In Ragtime

Lauren Gardner



Sit And Be Fit Tone And Stretch II In Ragtime:

Jacobs' Band Monthly ,1928 Melody ,1928 Jacobs' Orchestra Monthly ,1928 **Christian Advocate** ,1918

Ladies' Home Companion ,1916 **Down Beat** ,1979 The contemporary music magazine *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

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