

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

David J. WEINER



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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Research/Penn State ,1998 **Chicago Tribune Index** ,1984 **Beat Osteoporosis with Exercise** Karl Knopf,2016-04-26 Prevent bone loss and decrease the risk of injury with this full illustrated workout guide from the bestselling health and fitness author As you get older osteoporosis is a big concern Luckily there are things you can do to keep it from adversely affecting your life Featuring more than 100 step by step exercises divided into detailed fitness plans Beat Osteoporosis with Exercise guarantees that regardless of your current fitness level you can radically improve all aspects of your health including Preventing bone loss Increasing mobility Avoiding fractures Building strength Lowering risk of injury Improving balance Fixing posture As these exercises become a regular habit you ll have an improved and sustainable quality of life while engaging in your favorite physical activities such as golf hiking fishing tennis or even salsa dancing This book s safe age appropriate customizable approach to exercise offers stability to your bones while lowering risk of injury

Beating Osteoporosis Diana Moran,2019-06-13 Diana Moran aka The Green Goddess is here to help spread the word about treatments and preventative measures we can all take to tackle osteoporosis As a sufferer of osteopenia herself an early form of osteoporosis Diana Moran is a strong advocate for exercise early diagnosis weight bearing exercise vitamin D

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

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