

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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Table of Contents Sit And Be Fit Osteoporosis Specialty Video Tape

1. Understanding the eBook Sit And Be Fit Osteoporosis Specialty Video Tape
 - The Rise of Digital Reading Sit And Be Fit Osteoporosis Specialty Video Tape
 - Advantages of eBooks Over Traditional Books
2. Identifying Sit And Be Fit Osteoporosis Specialty Video Tape
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sit And Be Fit Osteoporosis Specialty Video Tape
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sit And Be Fit Osteoporosis Specialty Video Tape
 - Personalized Recommendations
 - Sit And Be Fit Osteoporosis Specialty Video Tape User Reviews and Ratings
 - Sit And Be Fit Osteoporosis Specialty Video Tape and Bestseller Lists
5. Accessing Sit And Be Fit Osteoporosis Specialty Video Tape Free and Paid eBooks
 - Sit And Be Fit Osteoporosis Specialty Video Tape Public Domain eBooks
 - Sit And Be Fit Osteoporosis Specialty Video Tape eBook Subscription Services
 - Sit And Be Fit Osteoporosis Specialty Video Tape Budget-Friendly Options
6. Navigating Sit And Be Fit Osteoporosis Specialty Video Tape eBook Formats
 - ePub, PDF, MOBI, and More
 - Sit And Be Fit Osteoporosis Specialty Video Tape Compatibility with Devices
 - Sit And Be Fit Osteoporosis Specialty Video Tape Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sit And Be Fit Osteoporosis Specialty Video Tape
 - Highlighting and Note-Taking Sit And Be Fit Osteoporosis Specialty Video Tape
 - Interactive Elements Sit And Be Fit Osteoporosis Specialty Video Tape
8. Staying Engaged with Sit And Be Fit Osteoporosis Specialty Video Tape

- Joining Online Reading Communities
- Participating in Virtual Book Clubs
- Following Authors and Publishers Sit And Be Fit Osteoporosis Specialty Video Tape
- 9. Balancing eBooks and Physical Books Sit And Be Fit Osteoporosis Specialty Video Tape
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sit And Be Fit Osteoporosis Specialty Video Tape
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Sit And Be Fit Osteoporosis Specialty Video Tape
 - Setting Reading Goals Sit And Be Fit Osteoporosis Specialty Video Tape
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sit And Be Fit Osteoporosis Specialty Video Tape
 - Fact-Checking eBook Content of Sit And Be Fit Osteoporosis Specialty Video Tape
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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