

# SIT AND BE FIT™



**T**hese 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

**Michael Seilmaier**



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