

SIT AND BE FIT

THE
ALL-SITTING
EXERCISES

WITH HILARY ADAMS WILSON, FOX



The same
great
workout
you've seen
on TV... but
the exercises
are all done
while sitting!

RECOMMENDED
by doctors and physical
therapists



Sit And Be Fit Multiple Sclerosis Specialty Video Tape

JA Banks



Sit And Be Fit Multiple Sclerosis 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

On Your Own Terms Linda D. Cirino, 1996 For more than 31 million American seniors who want to remain self sufficient this is the guide that can help This indispensable book empowers seniors by offering countless strategies for making their lives convenient safe and comfortable

The Video Source Book David J. WEINER, 1990

U.S. News & World Report , 1990 **Provider** , 1994 The Exceptional Parent , 1996 **Iowa State University**

Film & Video Collection, 1988-1990 , 1988 Working Mother , 2003-10 The magazine that helps career moms balance their personal and professional lives **Pest Control** , 1993 **The Health Sciences Videolog** , 1981

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