

Sit and Be Fit

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



In Realtime

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 person who it was designed to move the special needs out:

- Susan Lissman
- Andrea Maffei
- Rachel Parsons
- Wheelchair Bound
- Cheneigh
- Amanda Moudy-Kline, Director, Silverdale

Sit And Be Fit Tone And Stretch Ii In Ragtime

Michael Rajnik



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