

# Sit and Be Fit

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## *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 meet the special needs of:

- Senior Citizens
- Arthritis Sufferers
- Chronic Fatigues
- Wheelchair Bound
- Dyslexics
- Amused Reading Slow, Cerebral Sufferers

# Sit And Be Fit Tone And Stretch Ii In Ragtime

**Lingjun Ying**



### **Sit And Be Fit Tone And Stretch Ii In Ragtime:**

**Jacobs' Orchestra Monthly** ,1928    **Melody** ,1928    Jacobs' Band Monthly ,1928    Ladies' Home Companion ,1916    **Christian Advocate** ,1918    *Down Beat* ,1979 The contemporary music magazine    *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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