

# Sit and Be Fit

TONE AND STRETCH IT



## *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 Fatigue
- Wheelchair Bound
- Dyslexia
- Amputees/Prosthetic Users, Cerebral Palsy/Paralysis

# Sit And Be Fit Tone And Stretch Ii In Ragtime

**N Colangelo**



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

Ignite the flame of optimism with Crafted by is motivational masterpiece, Fuel Your Spirit with **Sit And Be Fit Tone And Stretch Ii In Ragtime** . In a downloadable PDF format ( Download in PDF: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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