



Professionally designed by: Mary Ann Wilson

- Registered Nurse
- Nationally 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

"My goal is to provide you with a safe, effective program to help you stay fit and contribute to your good health." -Mary Ann Wilson, RN

THE ARTHRITIS WORKOUT CAN HELP YOU!

Because of joint pain, exercising can be a challenge for people with arthritis. That is why it is so important to take painful, stiff joints through a slow, gentle, and balanced workout.

The Sit and Be Fit Arthritis Workout provides an exercise format that focuses on taking the joints through a range of motion while also including a full body workout to maintain functional fitness.

Professionals consider this workout to be one of the best arthritis home rehabilitation programs available.

For more resources on preventing and managing arthritis, visit the Arthritis Foundation website at: www.arthritis.org



Order Form

Arthritis Workout	DVD or VHS	
Qty. _____ Price: \$24.95		Subtotal: \$ _____
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Shipping & Handling:
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 4-6 Items- \$9.50 7-9 Items- \$11.50
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If your order is being shipped to a WA state address, Sales Tax needs to be paid at the rate for your respective area. Tax: \$ _____
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Payment: Check VISA MasterCard Discover
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 Name: _____
 Address: _____

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Make Checks Payable to: SIT AND BE FIT
 P.O. Box 8033 • Spokane, WA 99203
 Toll Free: 1-888-678-9438
www.sitandbefit.org • sitandbefit@sitandbefit.org
 Phone: (509) 448-9438 • Fax: (509) 448-5078



Arthritis & Exercise

AS SEEN ON TV!



As Seen On PBS

Medically sound exercise programs for functional fitness

Why Sit and Be Fit ?

THE SIT AND BE FIT PROGRAM is a gentle, yet effective exercise program designed to help people with a variety of conditions. Mary Ann Wilson, RN, designed a unique Arthritis Workout so that even those managing this painful inflammatory disorder can improve their quality of life and maintain or regain their functional fitness. If you want a quality rehabilitation program that also provides a full-body workout, then Sit and Be Fit is for you!

- **Improve function**
 - **Reduce pain**
 - **Increase mobility**

APPROPRIATE DAILY EXERCISE is a very essential activity for people with arthritis, and can help relieve pain while preventing further deterioration. This workout closely adheres to the Arthritis Foundation exercise guidelines.

Daily Exercise can help:

- Relieve and manage pain
- Prevent joint deterioration
- Prevent over-fatigue of joint muscles
- Maintain function of arthritic joints
 - Enhance mobility
 - Improve outlook on life
 - Increase range of motion
 - Increase joint function
- Facilitate mobility and flexibility

What is Arthritis?

Arthritis is a chronic condition which is characterized by the breakdown of the joint's cartilage, afflicting more than 40 million people in the United States alone.



However, though considered a chronic, debilitating and often a very painful disease, it can be managed, controlled and slowed down. We can all lead good long lives, with a great deal of quality and joy even after the diagnosis of Arthritis.



It is important to find useful things to do, despite the limitations caused by this disease.

Sit and Be Fit-Winner of 21 National Awards!



Brochure design by

The Sit and Be Fit Arthritis Workout

The focus of this workout is to help improve your flexibility and help manage arthritis. The Sit and Be Fit Arthritis Workout is a combination of medically sound exercises, creatively choreographed to a variety of motivating music, by Mary Ann Wilson, RN, Creator/Host of the PBS television program Sit and Be Fit.



This workout, designed to help manage arthritis, uses a one-inch and a ten-inch ball in several segments. Dr. John Klippel from the Arthritis Foundation assists Mary Ann, providing valuable information about managing arthritis.

Disc Contents

Seated Warm-up	4:30
Seated Warm-up w/ Lg. Ball	4:00
Seated Circulation	3:10
Seated Finger Exercises w/Sm. Ball	3:00
Seated Feet Exercises w/ Sm. Ball	4:00
Standing Leg Strengthening	2:30
Standing Stretch	3:30
Seated Relaxation	3:40
BONUS Seated Warm-up and Finger Exercises	14:15
BONUS Standing Leg Exercises	6:00

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.