



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 COPD WORKOUT CAN ALSO HELP YOU!

When breathing is compromised, exercise can be a challenge for people with COPD. That is why it is so important to take steps to get the most out of each breath.

The SIT AND BE FIT COPD Workout provides an exercise format that focuses on postural alignment and breathing techniques while also including a full body workout to maintain functional fitness.

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

Learn how gentle exercise can help manage the limitations associated with COPD.

Order Form

Neuro Rehab Workout (DVD only)
Qty. _____ Price: \$24.95 Subtotal: \$ _____

Prevent DVT Workout (DVD only)
Qty. _____ Price: \$20.95 Subtotal: \$ _____

Sit and Be Fit Season 9 Workout DVD VHS
Qty. _____ Price: \$24.95 Subtotal: \$ _____

Sit and Be Fit Season 10 Workout (DVD only)
(w/ resistance band)
Qty. _____ Price: \$34.95 Subtotal: \$ _____

Parkinson's Workout II DVD VHS
Qty. _____ Price: \$18.95 Subtotal: \$ _____

COPD Workout (DVD only)
Qty. _____ Price: \$24.95 Subtotal: \$ _____
Subtotal of all items: \$ _____

Shipping & Handling:
1 Item- \$5.50 2 Items- \$7.50 3 Items- \$8.50 4-6 Items- \$9.50
7-9 Items- \$11.50 Shipping & Handling: \$ _____
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If your order is being shipped to 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: _____

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Phone Number: () _____

Make Checks Payable to: Sit and Be Fit
P.O. Box 8033
Spokane, WA 99203

Toll Free: 1-888-678-9438
www.sitandbefit.org

Phone: (509) 448-9438 • Fax: (509) 448-5078



COPD Workout



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 this unique COPD Workout so that even those with respiratory diseases and compromised breathing can improve their quality of life and become functionally fit again. Regardless of your physical condition or exercise experience, if you want a quality rehabilitation program that also provides a full-body workout, then Sit and Be Fit is for you!

APPROPRIATE DAILY EXERCISE is an essential activity for people with COPD, and can help you get the most out of each breath while improving and preventing further deterioration. Daily exercise can help to...

- Improve posture
- Provide a better outlook on life
- Increase range of motion
- Facilitate mobility and flexibility
- Enhance coordination and balance
- Boost your ability to fight infection
- Increase cardiopulmonary endurance

What is COPD?

Chronic obstructive pulmonary disease (COPD) refers to a group of lung diseases that block airflow as you exhale and make it increasingly difficult for you to breathe.

However, though considered a chronic, debilitating and sometimes fatal 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 COPD.



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

Sit and Be Fit-Winner of 18 National Awards!



Brochure design by

The Sit and Be Fit COPD Workout

The focus of this workout is to help you get the most out of each breath through a variety of both seated and standing exercises, emphasizing postural alignment and breathing techniques. This full body workout, designed by Mary Ann Wilson, RN, uses a 10-12 inch ball, a towel and hand weights. These exercises are accompanied by a variety of motivating music, making them both fun and functional, and most importantly improving your quality of life.

Disc Contents:

Seated Warm-up Exercises	5:00
Seated Breathing Exercises	4:00
Seated Lower Body Circulation Exercises	2:30
Seated Body Patting and Tapping Exercises	3:45
Seated Circulation Exercises	3:30
Seated Flexibility w/ Ball	4:30
Seated Towel Exercises	3:15
Seated Weight Exercises	4:10
Seated/Standing Leg Strengthening Exercises	4:00
Seated/Standing Stretching Exercises	4:40
BONUS Seated Flexibility w/ Ball	3:30
BONUS Seated Exercises	8:00

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.