



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 DIABETES WORKOUT CAN HELP YOU!

Exercise is one of the most important ways to control the difficulties associated with diabetes.

The *Diabetes Workout* is a safe and gentle, non-compromising program. The entire workout can be done seated or with some standing. The standing exercises can be added when weight bearing exercising can be tolerated. In this way, the workout may be tailored to your individual activity level to help you maintain functional fitness.

This beneficial program is a wonderful resource for those managing diabetes, especially individuals experiencing orthopedic limitations, peripheral neuropathy, and obesity.

Order Form

Diabetes Workout DVD or VHS
Qty. ____ Price: \$18.95 Subtotal: \$ ____

Small Ball
Qty. ____ Price: \$3.50 Subtotal: \$ ____

Season Eight Workout DVD or VHS
Qty. ____ Price: \$20.95 Subtotal: \$ ____

Season Nine Workout DVD or VHS
Qty. ____ Price: \$24.95 Subtotal: \$ ____

Season Ten Workout (DVD only)
(Free exercise band included)
Qty. ____ Price: \$34.95 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: \$ ____
Subtotal: \$ ____

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: \$ ____

TOTAL: \$ ____

Payment: Check VISA MasterCard Discover

Credit Card #: _____

Expiration Date: ____/____/____

Signature: _____

Name: _____

Address: _____

Phone Number: () _____

Email: _____

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



Exercise & Diabetes

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, including diabetes. Responding to viewer requests, Mary Ann Wilson, RN, designed the unique *Diabetes Workout* to help prevent some of the complications common to diabetes. *The Diabetes Workout* concentrates on increasing circulation, improving sensory stimulation and maintaining flexibility of the feet. The program was developed with a team of medical and healthcare professionals. 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 diabetes and can help improve your circulation while also preventing further deterioration. Daily exercise can help to...

- Improve posture
- Reduce risk factors for & help prevent NIDDM
 - Provide a better outlook on life
 - Improve blood sugar control
 - Facilitate mobility and flexibility
- Improve muscle sensitivity to insulin
- Boost your ability to fight infection
- Increase cardiopulmonary endurance

What is Diabetes?

Diabetes, is a group of metabolic diseases in which a person has high blood sugar, either because the body does not produce enough insulin, or because cells do not respond to the insulin that is produced.

Physical inactivity is common among persons with diabetes. An estimated 70% of diabetics are sedentary. The more physically active a person is, the less likely he or she will experience problems with diabetes.



While mild or moderate exercise may help regulate glucose levels, the Sit and Be Fit *Diabetes Workout* focuses on improving circulation with special attention to the feet and lower extremities.

Sit and Be Fit-Winner of 19 National Awards!



Brochure design by

The Sit and Be Fit Diabetes Workout

Diabetes is characterized by the body's inability to control frequent and prolonged elevations of blood sugar. The danger: chronically high blood sugar levels damage the blood vessels leading to poor circulation which can affect the entire body, including major organs, nerves, and extending to the legs and feet. Lynn Kohlmeier, M.D. offers suggestions for controlling diabetes with diet and exercise.



Mary Ann Wilson, RN and Lori McCormick, PT demonstrate exercises that focus on improving circulation, especially in the feet. Workout includes slow, gentle footwork to increase circulation and exercises for sensory stimulation.

This workout uses a 1 inch ball as a fitness tool*
(*Not included but available for purchase separately.)

This DVD contains:

Seated Warm-up	3:50
Seated Circulation	2:20
Seated Finger Routine w/ Small Ball	4:00
Seated Foot Routine w/ Small Ball	3:36
Seated/Standing Leg Strengthening	2:15
Seated/Standing Leg Stretching	2:30
Seated Relaxation	1:30

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.