



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 FIBROMYALGIA WORKOUT CAN HELP YOU!

Research shows that short sessions of gentle exercise are as effective as a full 30-minute regimen. Listen to your body! The award-winning Sit and Be Fit Fibromyalgia Workout provides an exercise format that incorporates appropriate balance and coordination techniques for patients while also offering a gentle full body workout to maintain functional fitness. Professionals consider this workout to be one of the best fibromyalgia home rehabilitation programs available.

"I have Fibromyalgia and severe depression. Your program really helps my aching muscles and joints. I am so stiff if i don't exercise. Thank you so very much for your program. It's encouraging that I can do some exercise."

-Viewer from Pittsburgh, PA

Order Form

Fibromyalgia Workout	DVD or VHS	
Qty. _____	Price: \$18.95	Subtotal: \$ _____
Osteoporosis Workout <i>(free exercise band included)</i>	DVD or VHS	
Qty. _____	Price: \$20.95	Subtotal: \$ _____
Neuro Rehab Workout	(DVD only)	
Qty. _____	Price: \$24.95	Subtotal: \$ _____
Season Nine Workout	DVD or VHS	
Qty. _____	Price: \$24.95	Subtotal: \$ _____
COPD Workout	(DVD only)	
Qty. _____	Price: \$24.95	Subtotal: \$ _____
Arthritis Workout	DVD or VHS	
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 adress, 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



Fibromyalgia & Exercise



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 this unique **Fibromyalgia Workout** so that even those who suffer with this musculoskeletal pain and fatigue disorder 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!

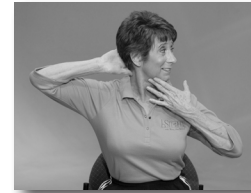
APPROPRIATE DAILY EXERCISE is an essential activity for people managing fibromyalgia, and can help you get the most out of every movement while improving and preventing further deterioration.

Daily Exercise can help:

- 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 Fibromyalgia?

Most common among women aged 20 to 50, Fibromyalgia has also been linked to fatigue, sleep problems, headaches, depression, and anxiety.



Fibromyalgia is a common syndrome in which a person has long-term, body-wide pain and tenderness in the joints, muscles, tendons, and other soft tissues.



Fibromyalgia is a long-term disorder. Sometimes, the symptoms improve. Other times, the pain may get worse and continue for months or years. However, no matter the prognosis it is important to keep reaching out for a brighter day.

Sit and Be Fit-Winner of 21 National Awards!



Brochure design by

The Fibromyalgia Workout

Lynne Matallana, President and Editor-in-Chief of the National Fibromyalgia Assoc. shares her experience with Fibromyalgia and the role of exercise as a management tool.



One of the most frustrating aspects of this condition is the physical debilitation causing functional limitations that affect quality of life. Fibromyalgia patients will benefit from the gentle exercise program designed by Mary Ann Wilson, RN, to improve posture, breathing and range of motion.

With the help of Lori McCormick, PT, Mary Ann demonstrates both seated and standing versions of the exercises.

This workout uses a 9-12 inch ball as a fitness tool.

Disc Contents

Seated Warm-up with Large Ball	3:14
Seated Warm-up with Large Ball	4:38
Seated Circulation	3:27
Standing/Seated Leg Exercises	3:25
Standing/Seated Stretch with Large Ball	4:45
Seated Relaxation with Large Ball	0:45

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.