

Dear Friends,

Exercise is a vital part of leading a full, healthy, happy life. Gentle exercise can improve mobility and balance, increase range of motion, and help strengthen muscles.



I am committed to helping people improve their quality of life through exercise. *The Sit and Be Fit* series offers a variety of workouts that have been developed with the help of healthcare and fitness professionals.

Sit and Be Fit has something for everyone, from the physically active to the physically frail. The program focuses on balancing out the body with an emphasis on improved flexibility, strength, balance and functional exercises. Each program improves overall health, as well as, helping participants manage specific chronic conditions such as Arthritis, Fibromyalgia or Diabetes.

I know these exercises can be as helpful to you as they have been to thousands of others!

Best wishes for your good health,

Recommended by doctors and physical therapists

"The Sit and Be Fit program is practical, effective and inspiring. It repeatedly makes the point that our bodies are our most precious possession. It is highly recommended."

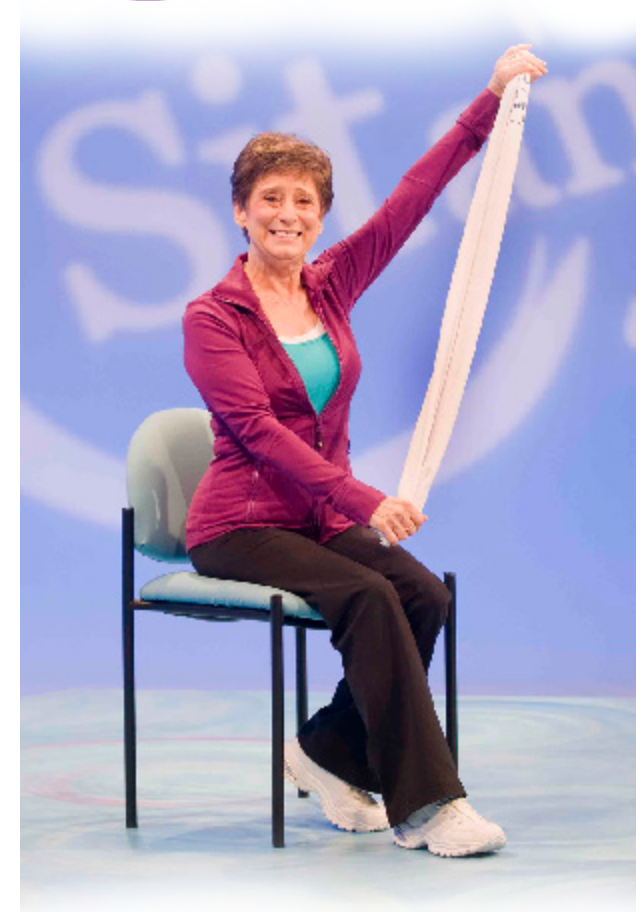
Walter M. Bortz II, M.D.
Stanford University, School of Medicine
Stanford, CA

"Your Sit and Be Fit videos have brought the importance of exercise to the geriatric and less mobile population, with significant benefit. I can strongly endorse these videos."

John A. Fagan, M.D.
Geriatric Specialist Rockwood Clinic
Spokane, WA

"Since one of my patients started Mary Ann's exercise program, her physical, as well as mental condition, has improved significantly. I would like to commend Mary Ann on her Sit and Be Fit program. I have seen great results."

Robert E. Sanders, M.D.
North Huntingdon, PA



**Medically sound
exercise resources**

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HEALTH AWARDS**

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Sit and Be Fit is a non-profit organization dedicated to improving the quality of life for aging adults and individuals with special conditions, through media-based exercise programming. For over 24 years, Sit and Be Fit has been offering

rehabilitative exercise to people in the convenience of their own homes through the Sit and Be Fit public television series. Each medically-based exercise program is hosted by Mary Ann Wilson, RN, and developed with a team of physical therapists, doctors, and exercise specialists. Sit and Be Fit is recognized by the NCOA (National Council on Aging) as a Best Practice Program in the field of health and aging.

ORDER FORM

Workout Title	Quantity	Price
_____	_____	DVD or VHS \$ _____
_____	_____	DVD or VHS \$ _____
_____	_____	DVD or VHS \$ _____
_____	_____	DVD or VHS \$ _____

*If an exercise band is included in your order, please circle your desired resistance level:

extra light light medium heavy extra heavy

SUBTOTAL: \$ _____

Shipping & Handling (4th Class-approx. 2 weeks)
 1 item- \$5.50 2 items- \$7.50 3 items- \$8.50
 4-6 items- \$9.50 7-9 items-\$11.50

Shipping: \$ _____

SUBTOTAL: \$ _____

WA State residents add sales tax: \$ _____

TOTAL: \$ _____

Payment: VISA MasterCard Discover
 Check (make payable to Sit and Be Fit)

Credit Card #: _____

Expiration Date: ____/____/____

Name: _____

Address: _____

Phone: () _____ - _____

E-mail: _____

Please send order form with check, money order or credit card information to:

Sit and Be Fit
PO Box 8033
Spokane, WA 99203-0033

Workouts on VHS & DVD

All-Sitting Exercises VHS/DVD (37 minutes) \$24.95
 Exercise using a 9-12 inch ball, a towel, and a cane.

Balance & Fall Prevention VHS/DVD (60 minutes) \$24.95
 Designed to improve balance and reduce the risk of falling.

Boomer Be Fit: Strength DVD (58 minutes) \$24.95
 Hosted by Mary Ann's daughter Gretchen Wilson

Brain Fitness DVD (45 minutes) \$20.95
 Designed to stimulate and strengthen the brain.

Caregivers DVD (50 minutes) \$24.95
 A exercise designed specifically for minimally ambulatory individuals. Includes a free pair of egg shakers.

Kids' Workout DVD (25 minutes) \$24.95
 Exercises suitable for both adults and children. Includes a free pair of egg shakers.

Relax to Heal DVD (50 minutes) \$24.95
 This workout presents various relaxation techniques to help take control of stress.

Safe Driving DVD (45 minutes) \$22.95
 This workout focuses on reaction time, peripheral vision, hand and eye coordination and flexibility

Season Eight VHS/DVD (27 minutes) \$20.95
 A collection of routines from the 800 series.

Season Nine VHS/DVD (37 minutes) \$24.95
 A collection of routines from the 900 series.

Season Ten DVD (w/ exercise band) (115 minutes) \$34.95
 A collection of routines from the 1000 series.

Tone and Stretch I (Spanish) VHS (50 minutes) \$22.95
 Slower paced, this vintage workout was taped in 1987.

Specialty Workouts

Each specialty workout is designed using the same format as the Sit and Be Fit public television program. These programs feature information, routines and exercises specifically designed for those managing special conditions. Workouts are approximately 25 minutes in length.

Arthritis Workout VHS/DVD \$24.95

COPD Workout DVD \$24.95

Neuro Rehab Workout DVD \$24.95

Parkinson's Workout VHS/DVD \$18.95

Osteoporosis Workout VHS/DVD (w/ exercise band) \$20.95

Diabetes Workout VHS/DVD \$18.95

Fibromyalgia Workout VHS/DVD \$18.95

Prevent DVT Workout VHS/DVD \$20.95

Books

Stretching For 50+ By Dr. Karl Knopf \$13.95

Weights for 50+ By Dr. Karl Knopf \$14.95

Healthy Shoulder Handbook By Dr. Karl Knopf \$14.95

Healthy Hip Handbook By Dr. Karl Knopf \$14.95

Sit and Be Fit Exercise Booklet \$7.00

Accessories

Exercise Band (circle desired resistance) \$6.50
 extra light light medium heavy extra heavy

Exercise Towel \$9.95

Small Ball (1 inch) \$3.50

Large Ball (10 inches) \$6.50

Accessory Pack: Sm Ball, Lg Ball, Band \$13.00

Adult T-Shirt (circle YELLOW or BLACK) \$17.00
 (Circle size) S, M, L, XL

Adult Sweatshirt (ROYAL BLUE only) \$21.00
 (Circle size) S, M, L, XL

Visit our website at www.sitandbefit.org