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NEW SERIES AND DOCUMENTARY PLEDGE SPECIAL

In September 2008, twenty new half-hour *SIT AND BE FIT* episodes were distributed to PBS stations, totaling 260 programs airing on public television stations nationwide. The new series was shot in HD and will be available in the new format later this year. The SIT AND BE FIT production team also began work on a documentary/pledge special which will be released in early 2009.

SIT AND BE FIT AWARDED GRANT FROM HOME INSTEAD SENIOR CARE FOUNDATION

The Home Instead Senior Care Foundation awarded a \$10,000 grant to the non-profit organization, SIT AND BE FIT. Funding is earmarked for a community outreach project aimed at those living in rural communities. The theme of the outreach project is reducing depression and isolation with healthy behaviors like exercise.

SIT AND BE FIT RANKS HIGH ON PBS DAYTIME TELEVISION

The Corporation of Public Broadcasting (CPB) released a report in 2006 that reveals the popularity of the Spokane, WA based television exercise series *SIT AND BE FIT*. *Open to the Public*, the CPB annual report to Congress, states that *SIT AND BE FIT* received the most comments from PBS viewers between 2002 and 2003, outranking all other PBS programming. Remarks made by viewers about *SIT AND BE FIT* were largely requests for the program to be carried on more local stations. Findings echo viewer responses collected through an independent online survey posted on the SIT AND BE FIT organization website.

ABOUT THE SIT AND BE FIT ORGANIZATION

SIT AND BE FIT is a non-profit organization that produces the health and fitness television series *SIT AND BE FIT*. SIT AND BE FIT is committed to the healthy aging of seniors and actively promotes functional fitness, healing, and independence. The organization has produced their media-based television series since 1987. The program has been broadcast regularly on PBS stations to over 67 million U.S. households annually.

**Photos available upon request.*