

## Why Gentle Exercise?



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.

## Why SIT AND BE FIT?

The SIT AND BE FIT program is a gentle, yet effective exercise program designed for people with a variety of conditions, including diabetes. Responding to viewer requests, Mary Ann Wilson, RN designed *The 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.



## The Diabetes Exercise Workout

This 25-minute program features slow, gentle footwork to increase circulation and sensory stimulation. A small ball (not included) is used to assist with various upper and lower body exercises. The workout includes:

- an opening segment by Lynn Kohlmeier, MD with suggestions for controlling diabetes with diet and exercise.
- exercises that concentrate on improving circulation and flexibility of the feet.
- seated versions of standing exercises.

### Diabetes Workout Segments:

Seated Warm Up Exercises	3:49
Seated Circulation Exercises	2:20
Seated Finger/Ball Routine Exercises	4:00
Seated Feet/Ball Exercises	3:36
Standing/Seated Legs Exercises	2:15
Standing/Seated Stretching Exercises	2:30
Relaxation Segment	1:30

### Diabetes Workout Benefits:

- Improve overall quality of life
- Improve blood sugar control
- Improve muscle sensitivity to insulin
- Reduce complications of diabetes
- Reduce risk factors for and help prevent NIDDM

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## SIT AND BE FIT- Winner of 17 National Awards





Mary Ann Wilson, RN

Registered Nurse specializing in geriatrics and post-polio rehabilitation  
Internationally certified by ACE (American Council on Exercise)  
Producer/Host of SIT AND BE FIT television program  
Lecturer, teacher, internationally recognized leader in the field of Senior Fitness

My goal is to contribute to your good health by providing you with a safe, effective program to help you stay functionally fit. Exercise is one of the most important ways to control the difficulties associated with diabetes.

The *Diabetes Workout* is a safe, gentle, non-compromising program. The entire workout can be done seated. 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.

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

Mary Ann

Mary Ann Wilson, RN

## Order Form

The Diabetes Workout Qty. \_\_\_\_\_ Price: \$18.95 (VHS) Subtotal: \$ \_\_\_\_\_

The Diabetes Workout Qty. \_\_\_\_\_ Price: \$18.95 (DVD) Subtotal: \$ \_\_\_\_\_

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

**OTHER WORKOUTS RECOMMENDED:**

Tone and Stretch I Qty. \_\_\_\_\_ Price: \$22.95 (VHS) Subtotal: \$ \_\_\_\_\_

Tone and Stretch II Qty. \_\_\_\_\_ Price: \$39.95 (VHS) Subtotal: \$ \_\_\_\_\_

Tone and Stretch III Qty. \_\_\_\_\_ Price: \$39.95 (VHS) Subtotal: \$ \_\_\_\_\_

Tone and Stretch IV Qty. \_\_\_\_\_ Price: \$27.95 (VHS) Subtotal: \$ \_\_\_\_\_

Tone and Stretch V Qty. \_\_\_\_\_ Price: \$27.95 (DVD) Subtotal: \$ \_\_\_\_\_

30 Minute Workout Qty. \_\_\_\_\_ Price: \$22.95 (VHS) Subtotal: \$ \_\_\_\_\_

All-Sitting Exercises Qty. \_\_\_\_\_ Price: \$24.95 (VHS) Subtotal: \$ \_\_\_\_\_

Qty. \_\_\_\_\_ Price: \$24.95 (DVD) Subtotal: \$ \_\_\_\_\_

SIT AND BE FIT Workout *Season Eight* Qty. \_\_\_\_\_ Price: \$24.95 (VHS) Subtotal: \$ \_\_\_\_\_

Qty. \_\_\_\_\_ Price: \$24.95 (DVD) Subtotal: \$ \_\_\_\_\_

T&S III, IV, and the All American Workout each include one *light resistance* exercise band. If stronger resistance is desired, please indicate here: \_\_\_\_\_

**Shipping & Handling:**  
 1 Item- \$4.95    2 Items- \$6.95    3 Items- \$7.95    4-6 Items- \$8.95  
 7-9 Items- \$10.95    Shipping & Handling: \$ \_\_\_\_\_  
 Subtotal: \$ \_\_\_\_\_

WA State Residents, add 8.6% sales tax \$ \_\_\_\_\_

TOTAL: \$ \_\_\_\_\_

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Signature: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone Number: (    ) \_\_\_\_\_

Make Checks Payable to SIT AND BE FIT  
P.O. Box 8033, Spokane, WA 99203-0033  
Phone: (509) 448-9438 Fax: (509) 448-5078  
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sitandbefit@sitandbefit.org

Recommended By Doctors  
& Physical Therapists



# Exercise & Diabetes

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