



Dear Friends,

Exercise is an important part of leading a full, healthy, happy life. Gentle exercise can improve mobility, increase range of motion, and 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 medical 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 and functional exercises. Each program improves overall health as well as helping participants manage specific chronic conditions such as 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,

Mary Ann

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



(509) 448-9438
www.sitandbefit.org



**Medically sound
exercise resources**

**WINNER OF 18 NATIONAL
HEALTH AWARDS**



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 20 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* television series on PBS and through home videos and DVDs. Each medically-based exercise program is hosted by Mary Ann Wilson, RN and developed with a team of physical therapists, doctors, and exercise specialists.

Workouts on VHS & DVD

Tone & Stretch I VHS \$22.95

Slower tempo. One 40-minute workout and one 10-minute mini workout. *Also available in Spanish!*

Tone & Stretch II In Ragtime VHS \$39.95

Two 30-minute workouts with one 8-minute visual relaxation segment.

Tone & Stretch III VHS (w/ exercise band) \$39.95

Two 35-minute workouts with a 6-minute visual relaxation segment.

Tone & Stretch IV VHS/DVD (w/ exercise band) \$27.95

The most challenging of the Tone & Stretch workouts. One 38-minute brisk, full-body workout.

Season Eight Workout VHS/DVD \$24.95

A collection of routines from the PBS television series, Season 8. One 27-minute workout with a 12-minute bonus weight workout.

All-Sitting Exercises VHS/DVD \$24.95

Features exercises using a 9-12 inch ball, a towel and a cane (or broomstick). One 37-minute workout.

All American Workout VHS/DVD (w/ exercise band) \$27.95

Features patriotic music set to American themes. All standing exercises are also demonstrated seated. One 27-minute workout.

Balance & Fall Prevention VHS/DVD \$20.95

Exercises designed to improve balance and reduce the risk of falling. One 27-minute workout.

Beginning Level Balance & Fall Prevention VHS/DVD \$20.95

Slower paced exercises to improve balance and reduce the risk of falling. One 34-minute workout.

30 Minute Workout VHS \$22.95

Favorite selections from various SIT AND BE FIT PBS television programs. One 28-minute workout.

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

Stroke Workout VHS \$16.95

COPD Workout VHS \$16.95

Parkinson's Workout VHS \$16.95

Parkinson's Workout II VHS/DVD \$18.95

Osteoporosis Workout VHS \$16.95

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

Multiple Sclerosis Workout VHS \$16.95

Diabetes Workout VHS/DVD \$18.95

Fibromyalgia Workout VHS/DVD \$18.95

Other Workouts

Kid's Workout VHS (includes egg shakers) \$19.95

Effective, fun workout for kids of ALL ages. One 25-minute workout.

Caregiver's Guide to Exercise VHS \$29.95

(Includes egg shakers) Designed to exercise the joints and muscles of minimally ambulatory individuals. One 48-minute workout divided into three sessions; morning (in bed), afternoon (in chair) and evening (in chair).

Senior Friends Focus on Fitness VHS \$22.95

Invigorating music and winning choreography. One 29-minute workout.

A *light* level exercise band comes with all VHS and DVD products that include a band unless a different level of resistance is specified on the order form.

ORDER FORM

Workout Title	Quantity	Price
_____	___ DVD ___ VHS	_____
_____	___ DVD ___ VHS	_____
_____	___ DVD ___ VHS	_____
_____	___ DVD ___ VHS	_____
_____	___ DVD ___ VHS	_____
_____	___ DVD ___ VHS	_____
_____	___ DVD ___ VHS	_____

*If an exercise band is included in your order, please indicate your desired resistance level
extra light light medium heavy extra heavy

PRODUCT SUBTOTAL: _____

Shipping & Handling (4th Class-approx. 2 weeks)

Call for express shipping options

1 item- \$4.95 2 items- \$6.95 3 items- \$7.95

4-6 items- \$8.95 7-9 items-\$10.95

Shipping: _____

SUBTOTAL: _____

WA State residents, add 8.6% sales tax: _____

TOTAL: _____

Payment:

Check (payable to SIT AND BE FIT) Money Order

Visa Mastercard Discover

Credit Card #: _____

Expiration Date: _____

Name: _____

Address: _____

Phone: () _____

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

SIT AND BE FIT
PO Box 8033
Spokane, WA 99203-0033
(509) 448-9438
www.sitandbefit.org

Orders may also be placed by phone or on our website.

Visit our website at www.sitandbefit.org