

# SIT AND BE FIT OVERVIEW

## OVERVIEW & EPISODE SUMMARY

- Program Title:** SIT AND BE FIT HEALTH AND FITNESS SERIES #1000
- Producer/Host:** Mary Ann Wilson, RN
- Length:** 20 half-hour shows
- Category:** How to-, Health and Fitness
- Release Date:** September 15, 2008
- Distributed By:** NETA
- Program Description:** SIT AND BE FIT is a popular exercise series designed to make exercise fun, easy and safe for people of all ages. Programs focus on therapeutic exercises that make everyday activities easier to perform, including core strengthening, balance work, stretching and relaxation. Host, Mary Ann Wilson, RN, designs programs with physical therapists, using creative choreography and a diverse selection of music. Her warmth and encouragement effectively reaches out to people of all fitness levels and ages. She is especially loved by older adult viewers, children, and those managing chronic conditions and physical limitations.
- Website:** [www.sitandbefit.org](http://www.sitandbefit.org)
- Feed Info:** Monday-Friday, beginning September 15, 2008, 0900-0930ET/513  
NOLA CODE: SBTF1000K1
- Closed Captioned:** Yes
- Contact:** Cary Balzer, KSPS-TV, 1-800-735-2377; Gretchen Paukert, SABF, 509-448-9438
- Video/DVD:** For information on DVDs, videos and audiotapes, including specialty videos for chronic conditions such as arthritis, or for a complimentary copy of the SIT AND BE FIT newsletter, please write: SIT AND BE FIT, P.O. Box 8033, Spokane, WA 99203 or call (509)448-9438 or visit us on our website at [www.sitandbefit.org](http://www.sitandbefit.org).
- Broadcast Rights:** Unlimited broadcast rights and school rights for two years and non-commercial cable. Royalty free to NETA members and subscribers upon notification of intent to carry. Contact Cary Balzer at (509) 354-7800.
- Target Audience:** SIT AND BE FIT specifically targets adults 55 years and older and individuals with chronic conditions or physical limitations.

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## EPISODE SUMMARY

**#1001 SHOULDER RANGE OF MOTION** This energetic workout focuses on shoulder range of motion and improving head-eye coordination. Mary Ann finishes with a calming visual relaxation.

**#1002 THE MAMBO!** Mary Ann integrates mambo steps, introducing exercises to strengthen the pelvic floor, engage core muscles and develop muscle awareness.

**#1003 REACTION TIME** Mary Ann demonstrates exercises to improve reaction time. She introduces unique finger exercises and challenges viewers with balance movements.

**#1004 EFFICIENT BREATHING** Jeff Brooks, PT, joins Mary Ann for a workout that focuses on deep breathing. A new exercise for the oblique muscles is introduced, along with exercises engaging the pelvic floor, abdominal and leg muscles.

**#1005 EXERCISE BANDS** Mary Ann focuses on slow, controlled movements using exercise bands. A new exercise using a large ball is also introduced.

**#1006 BALANCE & WEIGHTS** Mary Ann practices balance exercises for fall prevention and demonstrates slow methodical movements using weights.

**#1007 VESTIBULAR SYSTEM** Mary Ann Sharkey, PhD, PT, joins Mary Ann to introduce exercises that focus on the vestibular system, including exercises with eyes closed, fast-slow motions, and head-turning movements. Other new exercises are introduced to improve proprioception and strengthen the pelvic floor muscles.

**#1008 CIRCULATION** Two circulation routines make this episode a high energy and fast paced workout. This show works the fingers and incorporates the exercise band.

**#1009 FOOT MASSAGE** Mary Ann incorporates a foot massage and finger exercises to make a fun and unique workout.

**#1010 EYE-HEAD COORDINATION** Mary Ann introduces exercises to improve eye-head coordination and later leads exercises to improve pelvic mobility.

**#1011 TAI CHI** Tai chi movements are combined with brain and visualization exercises for a great warm-up to start off the workout. Isometric exercises using a towel are also demonstrated.

**#1012 ABDOMINAL EXERCISES** Mary Ann demonstrates how to get the most out of abdominal exercises by engaging the core muscles.

**#1013 IMPROVING POSTURE** Personal trainer, Scott Totton, joins Mary Ann to demonstrate exercises to improve the posture, as well as knee strengthening. The exercise band is also used to strengthen the entire body.

**#1014 ENGAGING THE PELVIC FLOOR** Mary Ann focuses on engaging the pelvic floor and sitting on your sitz bones for proper posture. She also adds a foot massage in the warm-up and balance exercises in the legs routine.

**#1015 SENSORY AWARENESS** This workout begins by stimulating sensory awareness with stroking movements. A variety of finger exercises using a small ball help increase mobility and reduce pain.

**#1016 FUNCTIONAL FITNESS** Mary Ann uses functional movements while incorporating breathing and posture techniques, stretching the piriformis muscle and concluding with a tai chi stretch.

**#1017 BALANCE CHALLENGE** Mary Ann challenges participants' balance with fast-slow movements and seated exercises with closed eyes. She also works on proprioception, eye-head coordination, and ends with a tai chi stretch.

**#1018 BACK EXERCISES** Osteoporosis specialist, Dr. Lynn Kohlmeier, explains and demonstrates her favorite back exercises, including back extension exercises using a band.

**#1019 VISUALIZATION EXERCISES** Mary Ann starts the exercise with weight-shifting in the seated warm-up and incorporates several visualization exercises throughout the workout.

**#1020 EXERCISING WITH SMALL AND LARGE BALLS** Set to lively music, this fun-filled episode incorporates a large and small ball for range of motion and strengthening exercises.