SIT AND BE FIT
Health and Fitness
Series #700

Press Kit Contains:

700 Series Fact Sheet
Episode List
Press Release
About SIT AND BE FIT
Host/Producer Biography
Awards
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Articles
2005
NATIONAL HEALTH INFORMATION RESOURCE CENTER
© GOLD AWARD
THE BALANCE & FALL PREVENTION WORKOUT
Category: Health Promotion / Disease & Injury Prevention Information
The Health Information Resource Center recognizes the nation’s best consumer health information programs and materials.

2005
NATIONAL MATURE MEDIA AWARD
© BRONZE AWARD
THE BALANCE & FALL PREVENTION WORKOUT
Category: Educational Training Program.
An expert panel from the Mature Market Resource Center judges media programs and products.

2003
TODAY’S CAREGIVER MAGAZINE
© CAREGIVER FRIENDLY AWARD
THE CAREGIVER’S GUIDE TO EXERCISE:
Awarded for outstanding media created with the needs of caregivers in mind.

2000
ST. FRANCIS MEDICAL CENTER SCHOOL OF NURSING
© OUTSTANDING ALUMNI AWARD
Francis Medical Center School of Nursing selects an alumni who has made an outstanding contribution in community service nursing science.

1997
NATIONAL HEALTH INFORMATION
© GOLD AWARD: ALL-SITTING VIDEO
© GOLD AWARD: TONE & STRETCH IV
Category: Health Promotion / Disease & Injury Prevention
The Health Information Resource Center recognizes the nation’s best consumer health information programs and materials.

1997
FITNESS EDUCATORS OF OLDER ADULTS ASSOCIATION
© FITNESS EDUCATOR OF THE YEAR
Fitness Educators of Older Adults Association recognizes exercise educators who make a difference in senior fitness.

1997
CONSUMERS DIGEST
© “BEST BUY” RECOGNITION of EXCELLENCE awarded to SIT AND BE FIT VIDEOTAPES
The editors of Consumers Digest Magazine awarded SIT AND BE FIT videotapes “Best Buy” in recognition of excellent value in the marketplace.

2002
FREDDIE AWARD
© FINALIST
SENIOR FRIENDS FOCUS ON FITNESS
Category: Geriatric, honoring the best in international health and medical films.

2001
NATIONAL MATURE MEDIA AWARD
© BRONZE AWARD
ALL AMERICAN WORKOUT VIDEO

1998
HEALTH PROMOTION INSTITUTE OF THE NATIONAL COUNCIL ON THE AGING
© BEST PRACTICES AWARD
The Health Promotion Institute of the National Council on the Aging recognizes the “Best Practices” in Health.

1997
NATIONAL MATURE MEDIA AWARD
© MERIT AWARD:
THE CAREGIVER’S GUIDE TO EXERCISE VIDEO
Category: Educational Training Programs
An expert panel from the Mature Market Resource Center judges media entries on creativity, quality, and overall excellence.

1997
THE AMERICAN SOCIETY ON AGING
© SMALL BUSINESS OF THE YEAR AWARD
American Society on Aging recognizes exemplary business programs, products or services which meet the needs of older people and their families.

1996
PARENTS’ CHOICE FOUNDATION
© PARENTS’ CHOICE HONORS
KIDS’ WORKOUT VIDEO
The Parents’ Choice Foundation recognizes excellence in products for children.
Mary Ann Wilson, RN

Ms. Wilson is the originator and host of public television’s SIT AND BE FIT™, the half-hour exercise program designed for older adults and anyone needing slow gentle movement. Her experience as a registered nurse, specializing in rehabilitation, post-polio care, and geriatrics has given her the background to become an internationally recognized expert in the area of senior fitness. Ms. Wilson is certified by the American Council on Exercise and is a member of the American Society on Aging, the Society for Public Health Education, and the National Council on the Aging. She also serves on the National Advisory Board for the American Senior Fitness Association, and is a Region 10 delegate to the Health Promotion Institute on the National Council on the Aging.

In the past nine years, she and SIT AND BE FIT™ have won 13 national awards. The latest recognition is a 2005 Bronze award from the Mature Market Resource Center as well as the 2005 Gold award from the Health Information Resource Center for The Balance & Fall Prevention Workout.

In addition to her exercise series, she is a widely read columnist on senior health matters and gives lectures across the United States on topics relating to senior fitness, care giving, and workplace wellness. Ms. Wilson has produced 22 exercise videos and has written two manuals on care giving issues.

Lori McCormick, PT

Ms. McCormick received her bachelor’s degree in Physical Therapy from the University of North Dakota in 1977. She has worked as a therapist in general and orthopedic hospitals, outpatient clinics, skilled nursing facilities, and home care for nearly 20 years, with a primary focus in geriatrics. To help motivate her patients and their families to improve their functional outcomes, she has routinely taught the anatomical and physiological bases for their pre-scribed physical therapy programs. Over the years she has enjoyed numerous opportunities to speak to other professionals and the public about other physical therapy related topics. Ms. McCormick is certified by the American Council on Exercise as a Group Fitness Instructor and is a member of the Geriatrics Section of the American Physical Therapy Association. She joined the SIT AND BE FIT™ staff in 1997, and has appeared on the last 50 episodes of the SIT AND BE FIT television series.
FOR IMMEDIATE RELEASE

SIT AND BE FIT™ DRAWS MOST COMMENTS FROM PBS VIEWERS

The Corporation of Public Broadcasting reports that the Spokane, WA based television show SIT AND BE FIT received the most comments from PBS viewers in 2002 and 2003. “Open to the Public,” the CPB’s annual report to congress explains that comments about SITAND BE FIT were “mostly requests for the program to be carried on local stations.”

Beginning in September 2005, 21 new SIT AND BE FIT episodes will be available to PBS stations. Included is the Balance and Fall Prevention Workout, recipient of the National Mature Media Awards 2005 Bronze Award.

About SIT AND BE FIT

SIT AND BE FIT is a non-profit organization that produces the adult health education 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 of seniors. The show has been broadcast since 1987 on PBS stations to over 58 million U.S. households annually.

For more information about SIT AND BE FIT please contact Gretchen Paukert at (509)448-9438. She can also be reached via email at Gretchen@sitandbefit.org.

• Photos available upon request.

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ABOUT SIT AND BE FIT™

Our Mission
SIT AND BE FIT is committed to improving the quality of life of older adults, physically limited individuals and those managing chronic conditions through medically based, safe, effective exercises. These exercises are available through television, videos, personal appearances, classes, seminars, books, and the Internet. SIT AND BE FIT actively promotes functional fitness, healing, and independence, and is an effective resource for professionals in aging and fitness.

The SIT AND BE FIT Television Series
SIT AND BE FIT produces North America's award-winning health education and exercise television series, SIT AND BE FIT. The program is created and hosted by Mary Ann Wilson, RN. SIT AND BE FIT has been airing since 1987 on PBS stations and is currently broadcast to over 58 million U.S. households annually.

SIT AND BE FIT Success Factors
• The program is designed by a team of medical and health professionals and is rooted in exercise physiology and up-to-date research in the fields of senior fitness and rehabilitative exercise.

• SIT AND BE FIT offers a gentle and effective in-home exercise program to a segment of the population that does not have access to other exercise options.

• Program Host, Mary Ann Wilson, has a gracious and caring personality that creates a feeling of personal relationship and friendship with the viewing audience.

• SIT AND BE FIT is designed to be fun through a careful selection of music and innovative movements that make exercising enjoyable.

• The television series has earned a loyal following due to its effectiveness in profoundly improving the health and wellness of television viewers and program participants.
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**700 SERIES EPISODE LIST**

The new SIT AND BE FIT #700 Health and Fitness Series combines the best of what has made SIT AND BE FIT a long-standing favorite with PBS viewers over the years, along with some new features.

The first 5 episodes in this series teaches viewers how to test their strength, flexibility and endurance using The Senior Fitness Test developed by C. Jessie Jones, PhD, FACSM, Professor in Health Science and Kinesiology and the Co-Director for the Center for Successful Aging at California State University and Roberta Rikkli---------.

The tests are easy and meet the scientific standards for reliability and validity. They are based on the scores of over 7,000 men and women from 60 to 94 years of age. Viewers learn how to determine their current level of functional fitness and how to improve the weak areas that put them at risk for losing independence.

Host, Mary Ann Wilson, RN follows up each test with exercises specifically designed to address any weaknesses detected by the test. The specific exercises are interwoven into warm-up, circulation, strengthening and stretching routines choreographed to music.

The remaining 15 episodes feature health professionals, who begin the program with current health advisories and motivating messages, always followed by a full body SIT AND BE FIT workout. Four of the programs in the series address diabetes, fibromyalgia, Parkinson’s and osteoporosis.

**#701**

**CHAIR STAND TEST: “lower body strengthening”**

Following the demonstration of the chair stand test by C. Jessie Jones, PhD, FACSM, California State University, Mary Ann Wilson RN creates a workout that is both whimsical and functional. She incorporates exercises specifically designed to strengthen the legs throughout the workout.

**#702**

**ARM CURL TEST: “upper body strength”**

Arm strength and endurance are needed for every day activities like carrying groceries, lifting grandchildren and doing household and yard chores. C. Jessie Jones, PhD, FACSM, California State University demonstrates the test for upper body strength and lays out the goals. Mary Ann Wilson, RN and Lori McCormick include a routine using exercise bands to accomplish those goals.

**#703**

**CHAIR SIT AND REACH TEST: “lower body flexibility”**

Lower body flexibility is needed for dressing, bending and getting in and out of the bathtub. C. Jessie Jones, PhD, FACSM, California State University, shows viewers how to measure their lower body flexibility using a ruler. Mary Ann Wilson, RN uses a towel and a variety of exercises to improve the ability to reach.
8 FOOT UP AND GO TEST “balance, speed and agility”
Reduce the risk of falls by improving agility and balance. There are other activities of daily living that depend on physical mobility and speed. C. Jessie Jones, California State University, outlines the test and Mary Ann Wilson, RN designs routines to improve test scores.

SCRATCH TEST “upper body flexibility”
Reaching over the shoulder to scratch your back or to bathe and dress is limited by poor upper body flexibility. C. Jessie Jones, PhD, FACSM, California State University, explains how to measure upper body flexibility and why it is important. Mary Ann Wilson, RN creates some unusual exercises, using a towel, to restore flexibility. Inspired by music that is reminiscent of James Bond, this episode is most refreshing and enjoyable.

Dr. Karl Knopf, “Growing Young Not Old – Strength Training #1”
Recognized expert in the field of senior fitness, Dr. Karl Knopf examines the relationship between growing older and the value of strength training. Mary Ann Wilson, RN introduces viewers to exercises using weights while Lori McCormick, PT modifies the exercises for those with limited flexibility.

Dr. Jill Gronholz, “Calcium”
Dr. Jill Gronholz discusses the current guidelines for adequate calcium intake. Mary Ann Wilson, RN and Lori McCormick, PT work on exercises using a small ball.

Dr. Karl Knopf, “Growing Young Not Old - Strength Training #2”
Dr. Karl Knopf discusses a condition called sarcopenia, which is “age-related muscle loss”. He explains how a proper dose of strength training can restore muscles. Inspired by his advice, Mary Ann Wilson, RN and Lori McCormick, PT, include the use of weights in this episode.

Dr. Karl Knopf, “Be Positive”
New insights on the link between a positive attitude and general health are provided by Dr. Karl Knopf. He cites a recent study showing that positive people are less likely to become frail and that optimism can be learned. He jokingly suggests that perhaps everyone should get a dose of B+ blood. Mary Ann Wilson, RN and Lori McCormick, PT, approach this episode with a light-hearted workout that is guaranteed to leave you with a smile on your face.
#710
**Dr. Jill Gronholz, “Vitamin D”**
Dr. Jill Gronholz explains the importance of Vitamin D to our bone health and shares the latest information on how much we need. Mary Ann Wilson, RN and Lori McCormick, PT, include a routine using a small ball into this refreshing episode.

#711
**Dr. Karl Knopf, “Exercise Every Day”**
Dr. Karl Knopf gives some healthy advice as to why exercise makes everyday living easier. To be able to do what you want, when you want takes energy. Mary Ann Wilson, RN and Lori McCormick, PT work side by side to provide an energizing and motivating workout.

#712
**Dr. Lynn Kohlmeier, “Osteoporosis and Fractures”**
Osteoporosis Specialist, Dr. Lynn Kohlmeier, examines the relationship between osteoporosis and fractures and gives viewers some helpful advice on the best ways to avoid becoming an osteoporosis statistic. Mary Ann Wilson, RN and Lori McCormick, PT use a large ball and resistance bands to demonstrate exercises and explain why they have included them in this episode.

#713
**No Medical Segment**
When it comes to creativity, Mary Ann Wilson, RN takes the prize. Best known for her ability to increase the enjoyment of exercise by her choice of music and uniquely choreographed routines, she puts that trait to work in this episode. With the help of several pieces of music, that is both whimsical and bright, Mary Ann is inspired to create a delightful combination of movements. She uses a large ball, towel and resistant band to keep the energy flowing. Lori McCormick, PT makes the appropriate modifications for those who may have some physical limitations.

#714
**Dr. Karl Knopf, “Lifestyle Diseases”**
Dr. Karl Knopf helps us take a look at our personal lifestyle and its connection to disease. His motivating message discusses how a reasonable dose of consistent activity can improve well-being and quality of life. Mary Ann Wilson, RN and Lori McCormick, PT follow up with a set of routines that will entice even the most exercise resistant viewer to give exercise a try. The use of props, such as a towel and weights along with music that provides the background for some “James Bond” undercover work, makes this an especially delightful show.
#715

**Dr. Lynn Kohlmeier, Diabetes Specialist, “Diabetes and S.U.G.A.R”**

Dr. Lynn Kohlmeier explains why exercising faithfully is essential in the control of diabetes and gives some important exercise guidelines. Mary Ann Wilson, RN and Lori McCormick, PT begin this exercise session with their shoes off and use a small ball to stimulate circulation. You won’t want to miss the relaxation segment at the end of the workout, which uses the element of color to inspire a calm and tranquil environment.

#716

**No Medical Segment**

This episode combines energetic, upbeat music and the use of a towel to increase range of motion and exercise the fingers. The resistant band offers a chance to strengthen muscles. Mary Ann Wilson, RN works on providing creative exercises to compliment the refreshing music and Lori McCormick, PT makes all the necessary modifications.

#717

**Dr. David Greeley, “Exercising With Parkinson’s”**

Dr. David Greeley details the primary symptoms and secondary signs of Parkinson’s disease. Regardless of how the condition manifests itself, the common ground is the need to exercise every day. Mary Ann Wilson, RN puts together her most creative choreography to demonstrate facial exercises that are critically important for Parkinson’s patients. Lori McCormick, PT coaches Mary Ann through the routine. They include a host of other exercises that specifically address Parkinson’s.

#718

**Dr. Karl Knopf, “Exercise: The fountain of youth”**

Dr. Karl Knopf explains why it is important to exercise every day. Mary Ann Wilson, RN and Lori McCormick, PT encourage viewers to join them in a fun workout.

#719

**Lynne Matallana, Fibromyalgia Specialty**

Lynne Matallana, MA shares her fibromyalgia experience with viewers and serves as a source of encouragement to them. She describes the role of exercise in the management of this condition. Once again, Mary Ann Wilson, RN puts together a most creative way to address the special needs of fibromyalgia viewers in a gentle way. Many of the exercises are done with the assistance of a large ball. Lori McCormick, PT remains seated.

#720

**No Medical Segment**

Mary Ann Wilson, RN and Lori McCormick, PT wrap up this series with their favorite routines.