



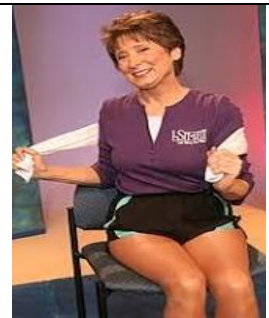
## FCN Ready Resources Seated Exercise

**Seated Exercise or Chair Exercise** is often an excellent exercise program for individuals who have exercise limitations or are at a risk to fall. One of our Stepping On participants recommended Sit and Be Fit.

Requirements include a health care provider's exercise release or exercise prescription, a firm chair with a back, and an instructor.



Mary Ann Wilson RN has a program called Sit and Be Fit. Her program is available on some television stations or Public Broadcasting Stations.



Sit and Be Fit is available on DVDs and a workbook, and can be purchased through the Sit and Be Fit.org site at <https://www.sitandbefit.org/shop/>, Shop PBS, bookstores, or online shopping (such as Amazon). These videos can be used independently, or as a group exercise program.



Sit and Be Fit is also available on YouTube at [https://www.youtube.com/watch?v=THZKR\\_RJHHI&list=PLVcQGpvQwVhELRlqTKsIpYjhhG7IGGalq](https://www.youtube.com/watch?v=THZKR_RJHHI&list=PLVcQGpvQwVhELRlqTKsIpYjhhG7IGGalq)




The Sit and Be Fit newsletter is available by going to [www.sitandbefit.org](http://www.sitandbefit.org), mailing them at P.O. Box 8033, Spokane, WA 99203, or calling 888-678-9438.



**Congratulations!** You have now learned about one type of seated or chair exercise!



 **Additional YouTube Resources** are available by searching “seated exercise” [https://www.youtube.com/results?search\\_query=seated+exercise](https://www.youtube.com/results?search_query=seated+exercise)