



Sit and Be Fit

Balance & Fall Prevention Workout Videos –

Beginning & Advanced Levels



Physical activity is important to prevent falls. Sit and Be Fit teams up with Stanford University Medical Center's Trauma Service, Sequoia Hospital and the San Mateo County Fall Prevention Task Force to present 2 different workout videos with a variety of exercises designed to reduce the risk of falling. **Choose the workout video that's right for you:**

Donations of \$6.00 per video are appreciated.

To order a videotape or DVD, please complete the form below.

- **Beginning Level** – *This workout is slow-paced and for those who are most comfortable exercising in a sitting position, progressing to standing while holding on to a chair.*
- **Advanced Level** – *This workout moves at a faster pace, with most exercises performed standing and without holding on to a chair.*

Please send me the following for a donation of \$6 each:

Sit and Be Fit Balance and Fall Prevention Workout – *Beginning Level*

Video or DVD # Requested: _____ English Spanish Chinese

Sit and Be Fit Balance and Fall Prevention Workout – *Advanced Level*

Video or DVD # Requested: _____ English Spanish Chinese

Name: _____

Mailing Address: _____

Phone: _____ Email: _____

Please **make checks payable to Sequoia Hospital Foundation**. Mail form and check to:



Attn: Sit & Be Fit
Home Safety Services
1169 Chess Drive, Unit D
Foster City, CA 94404

Questions? Call: (650) 571-7774