

FitKit Wellness Offerings



Total Fitness in a Kit



FitKit

Every FitKit Comes with these Components:

- | | |
|------------------------|-------------------------|
| 1 Jump Rope | 5 Case in Black or Blue |
| 2 Tubing with Handles | 6 Door Anchor |
| 3 Flat Resistance Band | 7 Exercise Cards |
| 4 Emergency ID Tag | 8 Reflective Arm Band |

Plus these Resources

- Get Started Guide
- 6-Week Fitness Plan
- 6-Week Nutrition Plan
- Tips, Articles & Recipes
- Ask the Coaches/Advice
- 250+ Online Exercise

FitKit Customization Options:

- A** Hangtag with Custom Logo
- B** Case Sleeve with Custom Logo
- C** Exercise Cards with Custom Logo (500 minimum)
- D** Custom Color Case with Printed Logo (500 minimum)



Measures 9" & only 1 lb.



FitKit Mini

Every FitKit Mini includes:

- 1 Flat Resistance Band
- 2 Tubing with Handles
- 3 Door Anchor
- 4 Exercise Cards
- 5 5" x 8" Mesh Bag

The FitKit Mini includes all the same resources and support as our classic FitKit, but with fewer items, more affordable packaging and a lower price point.

Also included

- Get Started Guide
- 6-Week Fitness Plan
- 6-Week Nutrition Plan
- Tips, Articles & Recipes
- Ask the Coaches/Advice
- 250+ Online Exercise

Custom Options Available

Fit at Work Pack De-stress & Re-charge

This is the perfect wellness offering for health fairs, new hires and employers on a budget. All the exercises in the Fit at Work Pack can be done seated at the desk. Also included: Stress reduction tips and breathing exercises!

Included:

- 1 Flat Resistance Band
- 2 Fit at Work Exercise Cards
- 3 4" x 6" white Organza bag



Custom Options Available

Questions and Additional Information:

Email: Amie@FitKit.com or Call 1-877-FitKits