

# WELLNESS KITS FOR BALANCED LIVING



# “WELLNESS IS TOO IMPORTANT TO BE COMPLICATED”



The FitKit Wellness team is lead by Co-Founders, **Amie Hoff and Beth Wieczorek**

“We are sisters, best friends and business partners with a passion for staying healthy and fit. We realized that part of the barrier to getting healthy today is that people are either too busy, don’t have the proper tools or take the time to “figure it out” for themselves. Most of the time, they don’t even know where to start. And we wanted to do something about it.

Our mission is to simplify wellness and make it accessible to everyone. We offer health and wellness kits that motivate and inspire people to develop healthy habits and make positive lifestyle changes in the areas of fitness, nutrition and stress management.

At FitKit, we live and breathe wellness everyday and are proud to say that all of our products and accompanying resources have been developed, tested and approved by a team of trusted certified personal trainers, registered dietitians and wellness consultants.

We are hyper focused and product quality, project management, logistics and delivery and most importantly customer satisfaction.

When you need the perfect wellness offering, FitKit is a proven, trusted partner. We look forward to the opportunity to work with you”

*Amie Hoff & Beth Wieczorek*

WHO WE ARE

# WHAT SETS US APART

## 1. More than just a product

All of our wellness kits come with lifelong access to our robust Resource Hub that offers a ton of support, motivation, tips and workouts (and so much more!)

RESOURCE HUB



200+ Online Exercise Library



6 Week Workout & Nutrition Plan



Ask the Coaches - via Email



Motivating Workout Videos & Articles



Fit in 5 Series and more!

## 2. Created by Wellness Professionals

At FitKit, we live and breathe wellness everyday and are proud to say that all of our products and accompanying resources have been developed, tested and approved by a team of trusted certified personal trainers, registered dietitians and wellness consultants.

## 3. Packaging Options to Meet your Needs

We offer 2 packaging options to best meet your budget and unique requirements. **A semi hard zippered case OR a canvas zippered bag.** Both are sturdy, uniquely designed and most importantly, reusable.

*\*Sizes vary slightly depending on product.*

Canvas zippered bag



Semi-hard zippered case



# 06

## FITNESS

FITKITPRO | 08

FITKITCLASSIC | 09

FITKITMINI | 10

FIT2GO KIT | 11

# 15

## STRESS MANAGEMENT

LIVEWELL KIT | 16

LIVEMINDFULLY CARDS | 17

YOGA KIT | 18

STRETCH KIT | 19

# 11

## NUTRITION

EATWELL KIT | 12

SNACKSMART KIT | 13

EATWELL CARDS | 14

# 20

## ADDITIONAL INFO

PRODUCTION TIMES | 20

SHIPPING & RUSH CHARGES | 21

VIRTUAL MOCK UPS & SAMPLES | 21

CUSTOMIZATION | 21





# FITKIT PRO

The [FITKIT PRO](#) is our premier wellness kit and includes everything you need to motivate, inspire and create healthy habits.

*be inspired*

RESOURCE HUB (included)

- 200+ Online Exercise Library
- 6 Week Workout & Nutrition Plan
- Ask the Coaches - via Email
- Motivating Workout Videos & Articles
- FIT IN SERIES 5 Fit in 5 Series and more!



KIT INCLUDES:

- 1 Flat Resistance Band
- 2 Fit2Go Waist Pack
- 3 Tubing with Handles
- 4 Door Anchor
- 5 Starter Exercise Cards
- 6 Safety Light

7 PACKAGING



a Semi hard zippered case

(OR)



b Canvas zippered bag

- 7 Packaging
  - a Semi hard zippered case (or)
  - b Canvas Zippered Bag

FITKIT PRO

Case

Dimensions: 9" x 3.5" x 4" | Product Weight: 1.25 lbs

ITEM #FKPCO1	25	250	500	1000	1000+
Blank (No Branding)	\$33	\$32.50	\$32	\$31.50	contact us (E)
Add Your Logo	+\$3	+\$3	+\$3	+\$3	(E)

See Page 20 for Production Times, Shipping & Rush Charges, Virtual Mock-Ups & Samples  
See Page 21 For Full Customization Including Case And Bag PMS Color Match

<div><div>b</div><div>FITKIT PRO</div></div>	<div><div>Canvas</div><div>bag</div></div>	<div>Dimensions: 10" x 8"   Product Weight: 1 lb</div>					
		ITEM #FKPBO1	25	250	500	1000	1000+
		Blank (No Branding)	\$30	\$29.50	\$29	\$28.50	contact us (E)
		Add Your Logo	+\$3	+\$3	+\$3	+\$3	(E)

ADDITIONAL IMPRINT INFO: Imprint Area: 4" x 1.5" | Set Up Charge: \$25 (E) | MOQ: 25

FITKIT CLASSIC

The [FITKIT CLASSIC](#) includes all the same resources and support as the FitKit PRO but with a few less tools, and a lower price point.

RESOURCE HUB (included)

- 200+ Online Exercise Library
- 6 Week Workout & Nutrition Plan
- Ask the Coaches - via Email
- Motivating Workout Videos & Articles
- Fit in 5 Series and more!

be well

KIT INCLUDES:

- 1 Flat Resistance Band
- 2 Fit2Go Waist Pack
- 3 Starter Exercise Cards
- 4 Packaging



4 PACKAGING



a Semi hard zippered case

(OR)



b Canvas zippered bag

FITKIT MINI

Our most affordable wellness kit in the FitKit collection, the [FITKIT MINI](#) packs a big punch and includes a resistance band and BeActive exercise cards to encourage activity, inspire and help create healthy habits.

RESOURCE HUB (included)

- 200+ Online Exercise Library
- 6 Week Workout & Nutrition Plan
- Ask the Coaches - via Email
- Motivating Workout Videos & Articles
- Fit in 5 Series and more!

be active

KIT INCLUDES:

- 1 Flat Resistance Band
- 2 Starter Exercise Cards
- 3 Packaging



3 PACKAGING



a Semi hard zippered case

(OR)



b Canvas zippered bag

a FITKIT CLASSIC Case Dimensions: 7.5" x 3.5" x 3" | Product Weight: 1 lb

ITEM #FKCCO1	25	250	500	1000	1000+	
Blank (No Branding)	\$27	\$26.50	\$26	\$25.50	contact us	(E)
Add Your Logo	+\$3	+\$3	+\$3	+\$3		(E)

See Page 20 for Production Times, Shipping & Rush Charges, Virtual Mock-Ups & Samples  
See Page 21 For Full Customization Including Case And Bag PMS Color Match

b FITKIT CLASSIC Canvas bag Dimensions: 8.5" x 7" | Product Weight: 0.75 lbs

ITEM #FKCBO1	25	250	500	1000	1000+	
Blank (No Branding)	\$24	\$23.50	\$23	\$22.50	contact us	(E)
Add Your Logo	+\$3	+\$3	+\$3	+\$3		(E)

ADDITIONAL IMPRINT INFO: Imprint Area: 3" x 1" | Set Up Charge: \$25 (E) | MOQ: 25

a FITKIT MINI Case Dimensions: 6.5" x 3" x 3" | Product Weight: 0.75 lbs

ITEM #FKMCO1	25	250	500	1000	1000+	
Blank (No Branding)	\$21	\$20.50	\$20	\$19.50	contact us	(E)
Add Your Logo	+\$3	+\$3	+\$3	+\$3		(E)

See Page 20 for Production Times, Shipping & Rush Charges, Virtual Mock-Ups & Samples  
See Page 21 For Full Customization Including Case And Bag PMS Color Match

b FITKIT MINI Canvas bag Dimensions: 7" x 5" | Product Weight: 0.5 lb

ITEM #FKMBO1	25	250	500	1000	1000+	
Blank (No Branding)	\$18	\$17.50	\$17	\$16.50	contact us	(E)
Add Your Logo	+\$3	+\$3	+\$3	+\$3		(E)

ADDITIONAL IMPRINT INFO: Imprint Area: 3" x 1" | Set Up Charge: \$25 (E) | MOQ: 25



# FIT2GO KIT

The [FIT2GO KIT](#) is perfect for getting your move on and carrying everything you need with you. Included is the expandable, bounce-free Fit2Go waist pack to hold a phone (all iPhone and Android sizes), keys and ID.



### ADDITIONAL FEATURES:

- 1 Bounce Free
- 2 Fits all size phones
- 3 Reflective strip zipper
- 4 Earphone cord hole
- 5 Expands to fit waists up to 48"

*move well*

### RESOURCE HUB (included)

- 200+ Online Exercise Library
- 6 Week Workout & Nutrition Plan
- Ask the Coaches - via Email
- Motivating Workout Videos & Articles
- Fit in 5 Series and more!

**FIT2GO KIT** Pouch Dimensions (closed): 1.5" x 11" wide (expands to 6"x11") | Band Dimensions: 2" wide (expands to fit waists upto 48") | Product Weight: 0.25 lbs

ITEM #F2GO1	25	250	500	1000	1000+
Blank (No Branding)	\$16	\$15.50	\$15	\$14.50	contact us (E)
Add Your Logo	+\$3	+\$3	+\$3	+\$3	(E)

See Page 20 for Production Times, Shipping & Rush Charges, Virtual Mock-Ups & Samples  
See Page 21 For Full Customization Including Case And Bag PMS Color Match

**ADDITIONAL IMPRINT INFO:** Imprint Area: 3" x 1" | Set Up Charge: \$25 (E) | MOQ: 25





EATWELL KIT

When healthy eating on the go matters, The [EATWELL KIT](#) is a winner. Included is our insulated lunch bag and Snack2Go stack with four stackable, portion control containers. Each kit includes a healthy snacking guide with food suggestions and calorie counts for each container and our EatWell Cards that offer healthy nutrition tips, tricks and recipes.

TIPS INCLUDED

- Shopping Lists
- Healthy Recipes
- Sunday Prep Ideas
- Substitution Lists
- Dining Out Tips And More!

KIT INCLUDES:

- 1 Insulated Lunch Bag
- 2 Snack2Go Stack
- 3 EatWell Cards



SNACKSMART KIT

Snack smart and create healthy habits! Our [SNACKSMART KIT](#) includes our EatWell cards and Snack2Go portion control system - four stackable, interlocking containers for smart snacking, wherever you are.

RESOURCE HUB (included)

- 200+ Online Exercise Library
- 6 Week Workout & Nutrition Plan
- Ask the Coaches - via Email
- Motivating Workout Videos & Articles
- Fit in 5 Series and more!

KIT INCLUDES:

- 1 Snack2Go Stack
- 2 EatWell Cards
- 3 Packaging
  - a Semi hard zippered case (or)
  - b Canvas Zippered Bag



EATWELL KIT						
Dimensions: 12" x 9" x 4"   Product Weight: 1 lb						
ITEM #EWKO1	25	250	500	1000	1000+	
Blank (No Branding)	\$27	\$26.50	\$26	\$25.50	contact us	(E)
Add Your Logo	+\$3	+\$3	+\$3	+\$3		(E)

See Page 20 for Production Times, Shipping & Rush Charges, Virtual Mock-Ups & Samples  
See Page 21 For Full Customization Including Case And Bag PMS Color Match

ADDITIONAL PRODUCT INFO: Glossed Card Stock | Ring Closure | Shrink Wrapped

ADDITIONAL IMPRINT INFO: Imprint Area: 3" x 1" | Set Up Charge: \$25 (E) | MOQ: 25

a SNACKSMART KIT						
Case Dimensions: 9" x 3.5" x 4"   Product Weight: 1 lb						
ITEM #SSKCO1	25	250	500	1000	1000+	
Blank (No Branding)	\$24	\$23.50	\$23	\$22.50	contact us	(E)
Add Your Logo	+\$3	+\$3	+\$3	+\$3		(E)

See Page 20 for Production Times, Shipping & Rush Charges, Virtual Mock-Ups & Sample  
See Page 21 For Full Customization Including Case And Bag PMS Color Match

b SNACKSMART KIT						
Canvas bag Dimensions: 10" x 8"   Product Weight: 0.75 lb						
ITEM #SSKBO1	25	250	500	1000	1000+	
Blank (No Branding)	\$21	\$20.50	\$20	\$19.50	contact us	(E)
Add Your Logo	+\$3	+\$3	+\$3	+\$3		(E)

ADDITIONAL IMPRINT INFO: Imprint Area: 4" x 1" | Set Up Charge: \$25 (E) | MOQ: 25

# EATWELL CARDS

Nutrition tips and tricks for eating smart! The [EATWELL NUTRITION CARDS](#) encourage healthy eating habits with simple, easy to follow nutrition tips and guidelines that can be kept in your bag, desk or in the car to help make smart choices on the go.

## TIPS INCLUDED

-  Shopping Lists
-  Healthy Recipes
-  Sunday Prep Ideas
-  Substitution Lists
-  Dining Out Tips And More!



### ADDITIONAL FEATURES:

- 1 Created by our team of Registered Dietitians
- 2 Glossed Card Stock
- 3 28, double sided Cards
- 4 Ring Closure
- 5 Shrink Wrapped
- 6 Comes in Spanish & French!

EATWELL CARDS    Dimensions: 3.5" x 2" x 0.25" | Product Weight: 3 oz

ITEM #EWCO1	25	250	500	1000	1000+
Blank (No Branding)	\$8.50	\$8.25	\$8	\$7.50	contact us (E)
Add Your Logo	+\$3	+\$3	+\$3	+\$3	(E)

See Page 20 for Production Times, Shipping & Rush Charges, Virtual Mock-Ups & Samples  
See Page 21 For Full Customization Including Case And Bag PMS Color Match

ADDITIONAL PRODUCT INFO: Glossed Card Stock | Ring Closure | Shrink Wrapped

ADDITIONAL IMPRINT INFO: Imprint Area: 3" x 1" | Set Up Charge: \$25 (E) | MOQ: 25



STRESS MANAGEMENT



LIVEWELL KIT

When life gets hectic and stressful, our [LIVEWELL KIT](#) will help keep you calm and centered. This budget-friendly wellness kit encourages balanced living at home, at work or on the go.

RESOURCE HUB (included)

- 200+ Online Exercise Library
- 6 Week Workout & Nutrition Plan
- Ask the Coaches - via Email
- Motivating Workout Videos & Articles
- Fit in 5 Series and more!

be balanced



KIT INCLUDES:

- 1 Flat Resistance Band
- 2 LiveMindfully Cards
- 3 EatWell Cards
- 4 BeActive Cards
- 5 Packaging
  - a Semi hard zippered case (or)
  - b Canvas Zippered Bag

LIVEMINDFULLY CARDS

Life can get busy and stressful. Our [LIVE MINDFULLY CARDS](#) help you slow down, focus and recharge. It's a go-to resource to calm the mind, find work-life balance, get better sleep, and gain inner happiness. This 3.5" x 2" card set makes it convenient to keep at your desk, in your bag, or on the go.

mind well



TIPS INCLUDED

- Calm the Mind
- Find Work Life Balance
- Sleep Soundly
- Create Happiness And More!

ADDITIONAL FEATURES:

- 1 Created by our team of Wellness Professionals
- 2 Glossed Card Stock
- 3 28, double sided Cards
- 4 Ring Closure
- 5 Shrink Wrapped
- 6 Comes in Spanish & French!

a LIVEWELL KIT Case Dimensions: 7.5" x 3" x 3.5" | Product Weight: 1 lb

ITEM #LWKCO1	25	250	500	1000	1000+	
Blank (No Branding)	\$25	\$24.50	\$24	\$23.50	contact us	(E)
Add Your Logo	+\$3	+\$3	+\$3	+\$3		(E)

See Page 20 for Production Times, Shipping & Rush Charges, Virtual Mock-Ups & Samples  
See Page 21 For Full Customization Including Case And Bag PMS Color Match

b LIVEWELL KIT Canvas bag Dimensions: 8.5" x 7" | Product Weight: 0.75 lb

ITEM #LWKBO1	25	250	500	1000	1000+	
Blank (No Branding)	\$22	\$21.50	\$21	\$20.50	contact us	(E)
Add Your Logo	+\$3	+\$3	+\$3	+\$3		(E)

ADDITIONAL IMPRINT INFO: Imprint Area: 3" x 1" | Set Up Charge: \$25 (E) | MOQ: 25

LIVEMINDFULLY CARDS Dimensions: 3.5" x 2" x 0.25" | Product Weight: 3 oz

ITEM #LMCO1	25	250	500	1000	1000+	
Blank (No Branding)	\$8.50	\$8.25	\$8	\$7.50	contact us	(E)
Add Your Logo	+\$3	+\$3	+\$3	+\$3		(E)

See Page 20 for Production Times, Shipping & Rush Charges, Virtual Mock-Ups & Samples  
See Page 21 For Full Customization Including Case And Bag PMS Color Match

ADDITIONAL PRODUCT INFO: Glossed Card Stock | Ring Closure | Shrink Wrapped

ADDITIONAL IMPRINT INFO: Imprint Area: 3" x 1" (Front or Back Cover)  
Set Up Charge: \$25 (E) | MOQ: 25

YOGA KIT

Yoga anywhere! If you’re looking for increased flexibility or a workout that challenges the body, our [YOGA KIT](#) will get you there.



3 PACKAGING



a Semi hard zippered case

(OR)



b Canvas zippered bag

KIT INCLUDES:

- 1 Yoga Gloves and Socks
- 2 Yoga Cards
- 3 Packaging
  - a Semi hard zippered case (or)
  - b Canvas Zippered Bag

be balanced

RESOURCE HUB (included)

- 200+ Online Exercise Library
- 6 Week Workout & Nutrition Plan
- Ask the Coaches - via Email
- Motivating Workout Videos & Articles
- Fit in 5 Series and more!

STRETCH KIT

Stretching does a body good! Stretching can increase flexibility, decrease stress and tension and improve posture. Who doesn’t want that! Our [STRETCH KIT](#) includes a flat, non-latex resistance band that assists in maximizing flexibility moves.



3 PACKAGING



a Semi hard zippered case

(OR)



b Canvas zippered bag

KIT INCLUDES:

- 1 Flat Resistance Band
- 2 Stretch Cards
- 3 Packaging
  - a Semi hard zippered case (or)
  - b Canvas Zippered Bag

stretch well

RESOURCE HUB (included)

- 200+ Online Exercise Library
- 6 Week Workout & Nutrition Plan
- Ask the Coaches - via Email
- Motivating Workout Videos & Articles
- Fit in 5 Series and more!

a YOGA KIT	Case						Dimensions: 6.5” x 3” x 3”   Product Weight: 0.75 lb					
	ITEM #YKCO1	25	250	500	1000	1000+						
	Blank (No Branding)	\$22	\$21.50	\$21	\$20.50	contact us	(E)					
	Add Your Logo	+\$3	+\$3	+\$3	+\$3		(E)					

See Page 20 for Production Times, Shipping & Rush Charges, Virtual Mock-Ups & Samples  
See Page 21 For Full Customization Including Case And Bag PMS Color Match

b YOGA KIT	Canvas bag						Dimensions: 7” x 5”   Product Weight: 0.5 lb					
	ITEM #YKBO1	25	250	500	1000	1000+						
	Blank (No Branding)	\$19	\$18.50	\$18	\$17.50	contact us	(E)					
	Add Your Logo	+\$3	+\$3	+\$3	+\$3		(E)					

ADDITIONAL IMPRINT INFO: Imprint Area: 3” x 1” | Set Up Charge: \$25 (E) | MOQ: 25

a STRETCH KIT	Case						Dimensions: 6.5” x 3” x 3”   Product Weight: 0.5 lb					
	ITEM #SKCO1	25	250	500	1000	1000+						
	Blank (No Branding)	\$21	\$20.50	\$20	\$19.50	contact us	(E)					
	Add Your Logo	+\$3	+\$3	+\$3	+\$3		(E)					

See Page 20 for Production Times, Shipping & Rush Charges, Virtual Mock-Ups & Samples  
See Page 21 For Full Customization Including Case And Bag PMS Color Match

b STRETCH KIT	Canvas bag						Dimensions: 7” x 5”   Product Weight: 0.5 lbs					
	ITEM #SKBO1	25	250	500	1000	1000+						
	Blank (No Branding)	\$18	\$17.50	\$17	\$16.50	contact us	(E)					
	Add Your Logo	+\$3	+\$3	+\$3	+\$3		(E)					

ADDITIONAL IMPRINT INFO: Imprint Area: 3” x 1” | Set Up Charge: \$25 (E) | MOQ: 25



# ADDITIONAL INFO

### I. ORDERS

Email Purchase Orders to your rep.

Please list In Hands Date and Shipping Information on PO

### II. PRODUCTION TIMES

Production times vary depending on quantity and level of customization. Our typical timelines:

	<200	200-500	500-1000	1000+
Minimal Customization	10-14 days	14-21 days	30-35 days	Contact Rep
Moderate Customization	14-21 days	21-30 days	35-40 days	Contact Rep
Full Customization			60-90 days	Contact Rep

**Rush Orders:** Rush fees and production time will vary depending on quantity and level of customization. Please contact your rep with specific needs or questions.

### III. ARTWORK / PRINTING

**Submitting Artwork:** Artwork must be submitted to your rep in one of the following formats: AI, EPS, PSD or high-resolution PNG or PDF

**Artwork Touch up:** \$25 (G) per 30 min

**Imprint Method:** Silkscreen and Heat Transfer

**Imprint Colors:** We typically print in white

CMYK - Full color artwork must be submitted in CMYK and we will match as best possible.

PMS Match - Only available on some items, please contact your rep for more information.

**Set Up Fee :** \$25 (G)

### IV. SAMPLES

#### Product Samples

- Request samples through your rep

**Virtual Samples/Proofs:** A virtual (digital) proof is provided free of charge when print ready artwork is provided

#### Pre-Production Sample:

- A physical pre-production sample can be ordered for \$75 (G) - Add 2-3 weeks additional production time.
- List Pre-Production sample request on Purchase Order

### V. SHIPPING

**Ships from:** FOB Millington MD 21651

#### Drop Ship:

- Shipping charge for individual shipping is the responsibility of the customer. We typically ship USPS Flat Rate. We are not able to ship client shipping account.
- Drop ship service - \$3.00 (G) per unit

**LTL Freight:** We ship palletized orders from our warehouse - Millington MD 21651

**Delivery:** We will make every effort to meet an in hands delivery date but can only guarantee shipping date.

*We are not responsible for shipping delays due to weather, port congestion, custom holds, labor disputes, domestic transportation delays, or other factors beyond our control.*

### VI. PACKAGING

All of our products are shipped in protective poly bags. Cards are shrink wrapped or poly bags.

# FULL CUSTOMIZATION

FOR ORDERS OVER 500 UNITS AND A LONGER LEAD TIME (60-90 DAYS) THE POSSIBILITIES ARE ENDLESS!



#### CUSTOMIZATION OPTIONS:

- 1 PMS Color Match Case
- 2 PMS Color Match Tab
- 3 Logo on Tubing and Flat Band
- 4 Safety Light in any Primary Color
- 5 Logo on Hangtag or Card Cover
- 6 PMS Color Match Tab
- 7 Logo on Waistpack

