

WELLNESS KITS FOR BALANCED LIVING

PRODUCT CATALOG 2024



“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!)



200+ Online Exercise Library



6 Week Workout & Nutrition Plan



Ask the Coaches - via Email



Motivating Workout Videos & Articles



Fit in 5 Series and more!

RESOURCE HUB

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 | 07

FITKITMINI | 08

GOLFWELL | 09

FIT2GO KIT | 10

15

STRESS MANAGEMENT

SLEEPWELL KIT | 16

LIVWELL KIT | 17

YOGA KIT | 18

LIVEMINDFULLY CARDS | 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 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

a 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

b FITKIT PRO	Canvas bag	Dimensions: 10" x 8" Product Weight: 1 lb				
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 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.

be active



KIT INCLUDES:

- 1 Flat Resistance Band
- 2 Starter Exercise Cards

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

3 PACKAGING



a Semi hard zippered case

(OR)



b Canvas zippered bag

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!

GOLFWELL KIT

Created by golf professionals, this portable, packable kit is designed to maximize the performance of golfers of all skill levels. The **GOLFWELL KIT** includes essential tools, valuable tips, and expertly curated resources to ensure a successful day on (and off) the course!

golf well



KIT INCLUDES:

- 1 Exercise Band with Handles (Latex Free)
- 2 A set of cards with golf specific exercises, healthy eating tips and ways to stay focused and relaxed
- 3 Natrapel Insect Repellent Wipes (2)
- 4 Sunscreen Pen (.34 oz, 30 SPF)

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

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 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

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

ITEM #GWKCO1	25	250	500	1000	1000+	
Blank (No Branding)	\$29	\$28.50	\$28	\$27.50	contact us	
Add Your Logo	+\$3	+\$3	+\$3	+\$3		

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 GOLFWELL KIT Canvas bag Dimensions: 8.5" x 7" | Product Weight: 0.75 lbs

ITEM #GWKBO1	25	250	500	1000	1000+	
Blank (No Branding)	\$26	\$26.50	\$25	\$24.50	contact us	
Add Your Logo	+\$3	+\$3	+\$3	+\$3		

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.



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!

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

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 tote 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.



KIT INCLUDES:

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

TIPS INCLUDED

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

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.



KIT INCLUDES:

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

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!

EATWELL KIT Dimensions: 12" x 9" x 4" | Product Weight: 1 lb

ITEM #EWKO1	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)

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

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

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!



STRESS MANAGEMENT

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)

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

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

SLEEPWELL KIT

The [SLEEPWELL KIT](#) is the ultimate relaxation package designed to enhance your sleep experience and promote a restful night's slumber. Say goodbye to restless nights and embrace the many benefits of our carefully curated items, making your bedtime routine a serene and delightful experience.

sleep well



KIT INCLUDES:

- 1 Lavender Pillow Spray
- 2 Calming Bergamot Scented Hand Lotion
- 3 Eucalyptus Shower Steamer
- 4 Silk/Cotton Eye Mask
- 5 Noise Reducing Earplugs
- 6 Sleepwell Cards (tips for healthy sleep)
- 7 Packaging
 - a Semi hard zippered case (or)
 - b Canvas Zippered Bag

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!

7 PACKAGING



a Semi hard zippered case

(OR)



b Canvas zippered bag

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.

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

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!

5 PACKAGING



a Semi hard zippered case

(OR)



b Canvas zippered bag

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

ITEM #SWKCO1	25	250	500	1000	1000+
Blank (No Branding)	\$28	\$27.50	\$27	\$26.50	contact us
Add Your Logo	+\$3	+\$3	+\$3	+\$3	

See Page 20 for Production Times, Shipping & Rush Charges, Virtual Mock-Ups & Samples

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

ITEM #SWKBO1	25	250	500	1000	1000+
Blank (No Branding)	\$25	\$24.50	\$24	\$23.50	contact us
Add Your Logo	+\$3	+\$3	+\$3	+\$3	

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

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
Add Your Logo	+\$3	+\$3	+\$3	+\$3	

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
Add Your Logo	+\$3	+\$3	+\$3	+\$3	

ADDITIONAL IMPRINT INFO: Imprint Area: 3" x 1" | 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!

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 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

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
Add Your Logo	+\$3	+\$3	+\$3	+\$3	

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

ADDITIONAL INFO

I. ORDERS

Email Purchase Orders to orders@FitKit.com

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 orders@FitKit.com 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

- Product samples are available at no charge for the first 2 requested. Must provide shipping account number.
- Submit product sample requests to samples@FitKit.com

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

