



WELLNESS KITS FOR BALANCED LIVING



**“WELLNESS IS TOO
IMPORTANT TO BE
COMPLICATED”**

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.*



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FITNESS



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



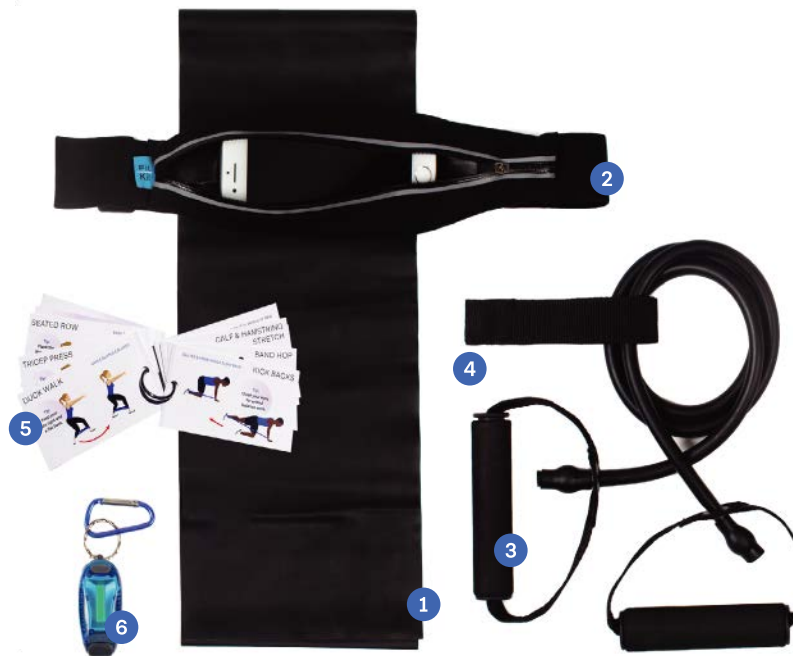
Ask the Coaches - via Email



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

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

b FITKIT PRO



Dimensions: 10" x 8" | Product Weight: 1 lb

See Page 19 For Full Customization Including Case And Bag PMS Color Match

Contact Us For Quantity Prices: 800-345-3543 / creative@adformgroup.com

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.



4 PACKAGING



a Semi hard zippered case

(OR)



b Canvas zippered bag

RESOURCE HUB (included)



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Fit in 5 Series and more!

be well

KIT INCLUDES:

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

4 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

b FITKIT CLASSIC



Dimensions: 8.5" x 7" | Product Weight: 0.75 lbs

See Page 19 For Full Customization Including Case And Bag PMS Color Match

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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

RESOURCE HUB (included)



200+ Online Exercise Library



6 Week Workout & Nutrition Plan



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Motivating Workout Videos & Articles



Fit in 5 Series and more!



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

a FITKIT MINI

Case

Dimensions: 6.5" x 3" x 3" | Product Weight: 0.75 lbs

b FITKIT MINI



Dimensions: 7" x 5" | Product Weight: 0.5 lb

See Page 19 For Full Customization Including Case And Bag PMS Color Match

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FIT2GOKIT

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

FIT2GOKIT

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

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NUTRITION

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



EATWELL KIT

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

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

See Page 19 For Full Customization Including Case And Bag PMS Color Match

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SNACKSMARTKIT

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.



3 PACKAGING



a Semi hard zippered case

(OR)



b Canvas zippered bag

RESOURCE HUB (included)



200+ Online Exercise Library



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Motivating Workout Videos & Articles



Fit in 5 Series and more!

eat well

KIT INCLUDES:

- 1 Snack2Go Stack
- 2 EatWell Cards

3 Packaging

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

a SNACKSMARTKIT

Case

Dimensions: 9" x 3.5" x 4" | Product Weight: 1 lb

b SNACKSMARTKIT



Dimensions: 10" x 8" | Product Weight: 0.75 lb

See Page 19 For Full Customization Including Case And Bag PMS Color Match

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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**

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

See Page 19 For Full Customization Including Case And Bag PMS Color Match

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STRESS MANAGEMENT

LIVEWELLKIT

When life gets hectic and stressful, our **LIVEWELLKIT** 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

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 LiveMindfully Cards

- 3 EatWell Cards
- 4 BeActive Cards

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



a **LIVEWELLKIT** Case Dimensions: 7.5" x 3" x 3.5" | Product Weight: 1 lb

b **LIVEWELLKIT** Canvas bag Dimensions: 8.5" x 7" | Product Weight: 0.75 lb

See Page 19 For Full Customization Including Case And Bag PMS Color Match

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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!

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

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

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See Page 19 For Full Customization Including Case And Bag PMS Color Match

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YOGAKIT

Yoga anywhere! If you're looking for increased flexibility or a workout that challenges the body, our **YOGA KIT** will get you there.

be balanced

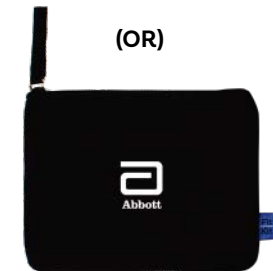


3 PACKAGING



a Semi hard zippered case

(OR)



b Canvas zippered bag

RESOURCE HUB (included)



200+ Online Exercise Library



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Motivating Workout Videos & Articles



Fit in 5 Series and more!

KIT INCLUDES:

- 1 Yoga Gloves and Socks
- 2 Yoga Cards

3 Packaging

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

a YOGAKIT

Case

Dimensions: 6.5" x 3" x 3" | Product Weight: 0.75 lb

b YOGAKIT



Dimensions: 7" x 5" | Product Weight: 0.5 lb

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STRETCHKIT

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.

RESOURCE HUB (included)



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Motivating Workout Videos & Articles



Fit in 5 Series and more!



stretch well

KIT INCLUDES:

- 1 Flat Resistance Band
- 2 Stretch 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

a **STRETCHKIT** Case Dimensions: 6.5" x 3" x 3" | Product Weight: 0.5 lb

b **STRETCHKIT** Canvas bag Dimensions: 7" x 5" | Product Weight: 0.5 lbs

See Page 19 For Full Customization Including Case And Bag PMS Color Match

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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

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