



The Active&Fit.[®] Program

Getting active just got easier.





Can't make it to the gym?

Work out in the comfort of home with the Active&Fit® Home Fitness program!

The Active&Fit exercise and fitness program helps you improve your health by offering memberships at fitness clubs and exercise centers nationwide.

But for members who prefer to work out at home, Active&Fit also provides a selection of 17 Home Fitness Kits. No matter where you live, you now have the choice you need as an Active&Fit member to get fit on your own terms. Kits are mailed directly to your home.

You can choose up to 2 of the following:

- **Aquatic Exercise Kit:** Includes a water Pilates DVD, instructional booklet, and Quick Start guide
- **Cardio and Strength Exercise Kit:** Includes a DVD, instructional booklet, and Quick Start guide
- **Chair Aerobics Kit:** Includes a DVD, instructional booklet, and Quick Start guide
- **Chair Boxing Kit:** Includes a DVD, instructional booklet, and Quick Start guide
- **Chair Dancing Kit:** Includes a DVD, instructional booklet, and Quick Start guide
- **Chair Resistance Band Kit:** Includes a DVD, resistance band, instructional booklet, and Quick Start guide
- **Chair Tai Chi Kit:** Includes a DVD, instructional booklet, and Quick Start guide
- **Chair Yoga Kit:** Includes a DVD, instructional booklet, and Quick Start guide
- **Exercise for the Bedridden and Physically Challenged Kit:** Includes a DVD, instructional booklet, and Quick Start guide
- **High Intensity Workout Level 1 Kit:** Includes a DVD, instructional booklet and Quick Start guide
- **High Intensity Workout Level 2 Kit:** Includes a DVD, instructional booklet and Quick Start guide
- **Chair Pilates Kit:** Includes a DVD, instructional booklet, and Quick Start guide
- **Stress Management Kit:** Includes a CD and booklet on mind-body techniques
- **Tai Chi Kit:** Includes a DVD, small towel, instructional booklet, and Quick Start guide
- **Tai Chi for Balance Kit:** Includes a DVD, instructional booklet, and Quick Start guide
- **Walking Kit:** Includes a pedometer and instruction booklet
- **Yoga Kit:** Includes a DVD, yoga strap, instructional booklet, and Quick Start guide

For more information about the Active&Fit program, please call 1.877.750.2746, Monday through Friday, 5 a.m. to 3 p.m. Hawaii time.