



# Active&Fit<sup>®</sup>

## Home Fitness 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 centers and select YMCAs nationwide.

But for members who prefer to work out at home, Active&Fit also provides a selection of 31 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 kits per benefit year!

Kits including a DVD, instructional booklet, and Quick Start guide:

- Athletic Conditioning Kit
- Aquatic Exercise Kit
- Barre Fitness Kit
- Barre Fitness For All Levels Kit
- Cardio Blast Kit
- Cardio Pump Kit
- Cardio Quick Fix Kit
- Chair Aerobics Kit
- Chair Boxing Kit
- Chair Dancing Kit
- Chair Dancing Celebration Kit
- Chair Pilates Kit
- Chair Tai Chi Kit
- Chair Yoga Kit
- Circuit Burn Kit
- Diabetes Workout Kit
- Exercise for the Bedridden and Physically Challenged Kit
- High Energy Cardio Kit
- High Intensity Bootcamp Kit
- Lean Body Circuits Kit
- Pilates Kit
- Strength and Stamina Kit
- Tai Chi Kit
- Tai Chi for Balance Kit
- Total Body Workout Kit
- Upper and Lower Body Workouts Kit
- Yoga Kit
- Your Best Body Kit

Kits including exercise equipment or alternate materials and instructional booklet:

- **Exercise Kit:**  
Includes a resistance band and instructional booklet
- **Stress Management Kit:**  
Includes a CD and booklet on mind-body techniques
- **Walking Kit:**  
Includes a pedometer and instructional booklet

**Kits are subject to change.**

Enroll and choose your kits at [www.ActiveandFit.com](http://www.ActiveandFit.com). If you have questions, call us toll-free at 1 (888) 354-4934, Monday through Friday, 8 a.m. – 5 p.m. Hawaii time.

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