




# KICK-OFF

YOUR INHOUSE FITNESS AND WELLNESS PROGRAM TODAY

**Kick-Off Kits** 2007-1



[www.fitnessonthejob.com](http://www.fitnessonthejob.com)



# WE PROVIDE THE PLAYS

## Get in the Game Now with a Winning Playbook

Starting and maintaining employee wellness and fitness programming is a serious challenge. Fitness on the Job Kick-Off Kits provide you with all the plays you need to create a winning team—and a winning program. Our Kits are designed to get you started. They're sized to fit your company's needs and budgets

### Each Kick-Off Kit contains brand name products including:

Up-to-Date Manuals • DVD's • Guides • Employee Incentives  
Support Materials and Brochures • Proven Walking Program • Pedometers  
Toll Free Phone and Email Support with Advice from Experienced Staff  
and much more.

**These leaders will help your wellness and fitness programs score early.**



## TRY-OUT A KICK-OFF KIT FOR 14 DAYS!\*

## Winning the Game Has Never Been Easier

You already have strong team players, but keeping those players in top shape couldn't be more important. Here are a few reasons why Fitness on the Job's Kick-Off Kits can help your business.

### Healthier Employees Work More Days

Studies have shown improvements in employee health, morale, safety and retention along with decreases in absenteeism and stress when well balanced fitness and wellness programs are in place.

### Fitness Boosts the Bottom Line

Appropriate wellness and fitness plans in the workplace can return up to \$3.00 for every \$1.00 invested over 2½ to 3 years.

### Spend Fewer Health Care Dollars

Fitness and wellness programs help to prevent injuries, and contribute to a reduction in worker's comp claims thru increased alertness and management attention to ergonomic issues. Health services utilization and costs go down.



# YOU PROVIDE THE TEAM

## What's in it for Us—Kick-Off Kit Details

Everything you'll need to begin your own in house wellness and fitness program is together in a reusable, organized container, ready to go right out of the box. Review the comprehensive charts below to see everything that's included.

*Note: Some materials are also available in Spanish. Contact us for choices and details.*

**We have five packages for you to choose from that fit your budget and needs.**

*We also quote custom Kick-Off Kits promptly to your specifications.*

<b>A</b>	<b>The Division I Package</b> (12 or more participants) \$589.00 or 3 monthly payments of \$199.00
<b>B</b>	<b>The Playoff Contender</b> (25 or more participants) \$975.00 or 3 monthly payments of \$333.00
<b>C</b>	<b>The League Champ</b> (50 or more participants) \$1688.00 or 4 monthly payments of \$432.00
<b>D</b>	<b>The Pro Package</b> (100 or more participants) \$2989.00 or 5 monthly payments of \$609.00
<b>E</b>	<b>The Bowl Winner</b> (250 or more participants) \$6960.00 or 6 monthly payments of \$1188.00

ITEMS	A	B	C	D	E
"Accusplit" Pedometers with User Guide	12	25	50	100	250
"Accusplit" Pedometer Walking Manual	1	2	3	6	15
Complete 10K a day™ Walking Program with User Guides	12	25	50	100	250
On the Job Stretching DVD	1	2	3	4	10
Wallet Size Stretch Cards	12	25	50	100	250
Quick Fit Group Exercise DVD	1	2	2	4	10
Quick Fit Group Exercise Manual	1	1	2	3	5
Ergonomics, Back Health and Stress Reduction Quick Guides™ and Booklets	16	38	75	150	250
Mayo Clinic Publications	4	8	12	24	30
Stretching and Exercise Wall Posters	2	3	4	6	8
Complete Guide to Health Fairs	1	1	1	1	1
"Lifestyle Management" Guides (17 titles)	17	34	68	136	340
"The Culprit and the Cure" Lifestyle Reference	1	1	2	3	4
Fitness on the Job Logo T-Shirts and Water Bottles	12 of each	25 of each	50 of each	100 of each	250 of each
Bonus UCI Health Promotion Kit	1	1	1	2	2
ACSM Fitness Book/Manual	2	4	8	16	40

\*If you're not completely satisfied with the contents of your Kick-Off Kit, you may return it, in original condition, within 14 days of receipt for a full credit or refund. Please contact Fitness on the Job in advance for a return authorization number.

## Contact Us

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