Active&Fit®
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 a membership at a participating fitness center.

But for members who prefer to work out at home, the Active&Fit program also provides a selection of 32 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:

• Aquatic Exercise Kit
• Athletic Conditioning 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

• NEW Fitbit® Connected! Kit
  Receive a letter with a promotional code to apply toward a select Fitbit

• 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 select your kits at kp.org/activeandfit. If you have questions, call us toll-free at 1-877-750-2746, Monday through Friday, 5 a.m. to 6 p.m. Pacific time.

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