



The [FitKit Lite](#) packs a big punch with tools and resources to encourage activity, motivate and help create health habits. With over 100 exercises for strength, cardio and flexibility in the online Resource Hub, getting healthy has never been easier.

KIT INCLUDES:

- 1 4' Latex Free Flat Resistance Band
- 2 Be Active Exercise Cards
- 3 Welcome Guide
- 4 Custom Hangtag 3.5" x 2"
- 5 6" x 9" Organza Bag

LIFETIME ACCESS TO ONLINE SUPPORT AND MOTIVATION!



200+ Online Exercise Library



6 Week Workout & Nutrition Plan



Ask the Coaches - via Email



Motivating Workout Videos & Articles



Fit in 5 Series and more!