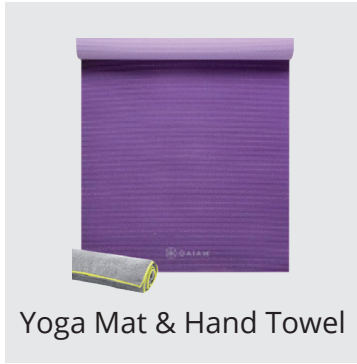


Stay Fit Kits Information

One Stay Fit Kit available per benefit year.



Yoga Kit Contents:

Yoga Mat

- Reversible
- Choice of 2 colors
- Textured for non-slip performance
- Lightweight & durable
- Materials: PVC (6P- and latex-free)
- Measurements: 68" L x 24" W x 4 mm thick

Hand Towel

- Materials: 75% polyester, 25% nylon
- Measurements: 30" W x 20" L x 2.5 mm thick
- Care instructions: Machine wash separately in cold water and tumble dry low
- *Helpful tip: Before practice, lightly spray the towel with water to enhance grip and performance*

Garmin® Wearable Fitness Tracker Kit Contents:

vívofit® 4

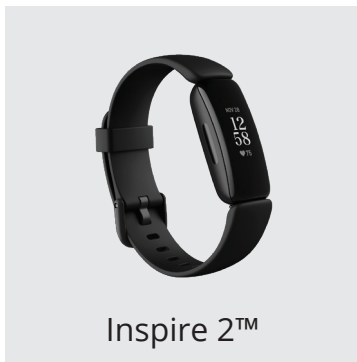
- Activity tracker with 1-year+ battery life (no need to charge)
- Automatically tracks steps and calories burned, monitors sleep, and more
- Safe for swimming and showering
- Always-on color display with customizable color themes and watch faces
- Allows the user to set alarms, start a countdown timer, check the weather, and find their phone
- Syncs to the Garmin Connect™ app for saving, planning, and sharing activities



Fitbit® Wearable Fitness Tracker Kit Contents:

Inspire 2™

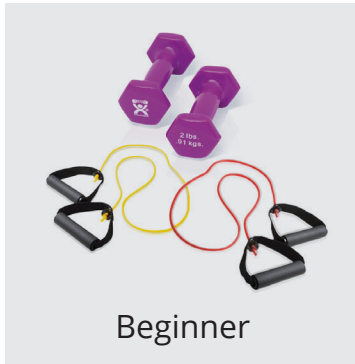
- Activity tracker with 10 days of battery life
- Tracks all-day activity, heart rate, sleep, and more
- Safe for swimming and showering
- Includes 20+ exercise modes to track any kind of workout
- Allows users to set up reminders to move during the day; receive call, text, calendar, and app notifications from their phones; and enjoy guided breathing sessions
- Syncs to the Fitbit app to record activity



Note: The Fitbit and Garmin apps may not be compatible with older mobile devices. Please confirm your device's compatibility directly on the vendor's website before selecting a Fitbit or Garmin kit.

Fitbit: <https://www.fitbit.com/global/us/technology/compatible-devices>

Garmin: <https://support.garmin.com/en-US/?faq=pvL8aWsaLU2iKyvF8VrpP9>



Beginner

Strength Kit Contents:

Strength Kit - Beginner

- Pair of 2-pound dumbbells
- 1 extra light resistance band
- 1 light resistance band

Strength Kit - Intermediate

- Pair of 3-pound dumbbells
- 1 light resistance band
- 1 medium resistance band



Intermediate

Strength Kit - Advanced

- Pair of 5-pound dumbbells
- 1 medium resistance band
- 1 heavy resistance band



Advanced

Colors of equipment will vary. Limit of one Stay Fit Kit per benefit year. Once selected, Stay Fit Kits cannot be exchanged. Shipping times may vary. Stay Fit Kits are subject to change at any time.

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