Staff Wellness RLL Items
(We have two sets of each kit)

Cardio Kit

- Fit Deck Cards (Stairs)
- Pedometers
- Richard Simmons: “Sweatin’ to the Oldies”
- Small Trampoline – great, exciting, creative, and new cardio workout that can be done inside
- Spooners (from Lending Library)
- Stopwatches
- Walk Slim – 5 Miles DVD
- Weighted Hula Hoops- (Two) 2.5 pound weighted hula hoops to help you strengthen your core inside, outside, and all over the place!

Flexibility and Balance Kit

- Fit Deck Cards (Bodyweight Training)
- Jillian Michael’s Yoga Meltdown DVD
- Yoga Cards (from Lending Library)
- Yoga for Beginners DVD
- Yoga Mats- Twelve 24” x 68” x 3 mm studio-quality yoga mats with a non-slip surface; great for stretching, balancing, yoga, and Pilates practice

Strength Training Kit

- 2 lb Dumbbells – 1 set, great for walking with, or for doing light weights
- 3 lb Dumbbells – 1 set, great for walking with, or for doing light weights
- 5 lb Dumbbells – 2 sets of 5 lb dumbbells for your workout needs
- 5 lb Kettlebells’ – 2 of these, on for each hand, or for you and a friend to share in your new found strength!
- 8 lb Kettlebell – great in several types of workouts to increase strength
- 10 lb Kettlebell – great for using in all different types of workouts
- Fit Deck Cards
- Jillian Michael’s 30 Day Shred DVD
- Jillian Michael’s Ripped in 30 DVD
- Jillian Michael’s Shred it With Weights DVD
- Resistance Bands
- Weight Ball - 5 pound weighted workout ball to help get your core and upper body strength in great shape!
BLUE Books
BLUE Books are found in each kit for every user to track activities. One book per person, PLEASE. BLUE Books include a fitness test, logs to track your daily activities, examples of weight training, balance, and flexibility exercises, Complete the survey on page one in the BLUE Book. Return the completed survey to the Be Active-Appalachian Partnership and receive a stopwatch, resistance band, and stopwatch.

DVD Player – comes with remote and can be borrowed with a variety of DVD’s

DVD’s- we have several DVD’s to help guide you through your workout needs in each kit, and available separately
- Jillian Michael’s 30 Day Shred
- Jillian Michael’s Killer Buns and Thighs
- Jillian Michael’s Ripped in 30
- Jillian Michael’s Shed and Shred
- Jillian Michael’s Yoga Meltdown
- Richard Simmons Sweatin’ to the Oldies
- Ultimate Power Yoga
- Walk Slim: 5 Really Big Miles
- Yoga for Beginners