

# ◆ SIT AND BE FIT ORDER FORM ◆

SAVE \$2.00 per video or DVD and \$1.00 per audio tape or CD.

Qty.	Workouts on DVD or VHS	Unit Price
_____	<b>All-Sitting Exercises</b> <input type="checkbox"/> VHS <input type="checkbox"/> DVD	\$24.95
_____	<b>Arthritis</b> <input type="checkbox"/> VHS <input type="checkbox"/> DVD	\$24.95
_____	<b>Balance &amp; Fall Prevention</b> <input type="checkbox"/> VHS <input type="checkbox"/> DVD	\$24.95
_____	<b>Boomer Be Fit <i>NEW!</i> DVD</b>	\$24.95
_____	<b>Brain Fitness DVD</b>	\$20.95
_____	<b>Caregivers Guide to Exercise DVD</b>	\$24.95
_____	<b>COPD <i>NEW!</i> DVD</b>	\$24.95
_____	<b>Diabetes</b> <input type="checkbox"/> VHS <input type="checkbox"/> DVD	\$18.95
_____	<b>Fibromyalgia</b> <input type="checkbox"/> VHS <input type="checkbox"/> DVD	\$18.95
_____	<b>Kids DVD</b>	\$24.95
_____	<b>Neuro Rehab <i>NEW!</i> DVD</b>	\$24.95
_____	<b>Osteoporosis w/resistance band*</b> <input type="checkbox"/> VHS <input type="checkbox"/> DVD	\$20.95
_____	<b>Parkinson's</b> <input type="checkbox"/> VHS <input type="checkbox"/> DVD	\$18.95
_____	<b>Prevent DVT <i>NEW!</i> DVD</b>	\$20.95
_____	<b>Relax to Heal <i>NEW!</i> DVD</b>	\$24.95
_____	<b>Safe Driving DVD</b>	\$22.95
_____	<b>Season Eight</b> <input type="checkbox"/> VHS <input type="checkbox"/> DVD	\$20.95
_____	<b>Season Nine</b> <input type="checkbox"/> VHS <input type="checkbox"/> DVD	\$24.95
_____	<b>Season Ten w/resistance band* DVD</b>	\$34.95
_____	<b>Tone and Stretch I VHS (Spanish)</b>	\$22.95

\* A light resistance band comes with workouts using bands. If a different resistance is desired, please indicate here ⇨ \_\_\_\_\_

Qty.	Audio Tapes/CDs/Publications	Unit Price
_____	<b>Sit and Be Fit Instructor Kit: Volume 1 &amp; Starter Kit</b>	\$115.00
_____	<b>Healing &amp; Relaxation/Prelude to Sleep</b> <input type="checkbox"/> Cassette Tape <input type="checkbox"/> CD	\$11.95
_____	Sit and Be Fit: <b>Exercise Booklet</b> (Words Only)	\$7.00
_____	Book: <b>Stretching For 50+</b> by Dr. Karl Knopf	\$13.95
_____	Book: <b>Weights For 50+</b> by Dr. Karl Knopf	\$14.95
_____	Book: <b>Healthy Shoulder Handbook</b> by Karl Knopf	\$14.95
_____	Book: <b>Healthy Hip Handbook</b> by Karl Knopf	\$14.95

Qty.	Accessories	Unit Price
_____	<b>Exercise Band</b> (Choose resistance below) <input type="checkbox"/> Extra Light <input type="checkbox"/> Light <input type="checkbox"/> Medium <input type="checkbox"/> Heavy <input type="checkbox"/> Extra Heavy	\$6.50
_____	<b>Exercise Towel</b>	\$9.95
_____	<b>Small Ball</b> (1 inch)	\$3.50
_____	<b>Large Ball</b> (10-inch)	\$6.50
_____	<b>Accessory Pkg:</b> sm. & lg. balls and band	\$13.00
_____	<b>Adult T-shirt</b> – White with Color Logo <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large	\$17.00
_____	<b>Adult Sweatshirt</b> (Royal Blue) <input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large	\$21.00
_____	<b>Children's T-shirt</b> (Teal or Gray) <input type="checkbox"/> XS (2-4) <input type="checkbox"/> S (6-8) <input type="checkbox"/> M (10-12) <input type="checkbox"/> L (14-16)	\$12.00

Qty.	Clearance Items	Unit Price
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**If you would like a clearance item from the insert enclosed in your brochure, list it here:**

\_\_\_\_\_

\_\_\_\_\_

**Total Price of Items (\$US funds only):** \$ \_\_\_\_\_

Discount (if applicable): - \$ \_\_\_\_\_

**Subtotal After Discount:** \$ \_\_\_\_\_

**Shipping/Handling for DVD, VHS, CD, Audio Tapes, Book's, Towel, and Clothing: (4th Class-1- 2 weeks)**

1 item -- \$5.50                      4-6 items -- \$ 9.50                      + \$ \_\_\_\_\_  
2 items -- \$7.50                      7-9 items -- \$11.50

3 items -- \$8.50                      *Additional Bands and balls add \$1.00*

**Shipping/Handling for Ex- Bands, Exe-booklet, Lg & Sm Ball:**

Shipping for 1 small item alone--\$3.00                      + \$ \_\_\_\_\_

Shipping for each additional small item -- add \$1.00

**SUBTOTAL** \$ \_\_\_\_\_

**If your order is being shipped to a WA state address, Sales Tax needs to be paid at the rate for the respective area.**

Call us or go to destinationtax.dor.wa.gov for the rate.

(Law requires sales tax to include shipping/handling) + \$ \_\_\_\_\_

**Subscription: Focus on Fitness Newsletter**

(1 year subscription: \$10.00)                      + \$ \_\_\_\_\_

**EXPRESS SHIPPING OPTIONS**

Orders must be placed before 12:00 pm Pacific Time  
Note: Fed Ex does not ship to P.O. Boxes.

**1. Rush Delivery (Priority Mail)**                      + \$ \_\_\_\_\_  
Add \$5.00 to regular shipping for 3-5 day delivery

**2. FedEx 2<sup>nd</sup> Day**                      + \$ \_\_\_\_\_  
Add \$12.00 to regular shipping charges.

**3. FedEx Overnight Delivery**                      + \$ \_\_\_\_\_  
Add \$20.00 to regular shipping charges.

Phone number for recipient required: (       ) - \_\_\_\_\_

**TOTAL PAYMENT DUE:** \$ \_\_\_\_\_

**METHOD OF PAYMENT:**

Check or Money Order    Visa    MasterCard    Discover

Charge Card Account Number \_\_\_\_\_                      Expiration Date \_\_\_\_\_

**Make Check Payable To: SIT AND BE FIT™**

Phone: (509) 448-9438                      **P.O. Box 8033**

FAX: (509) 448-5078                      **Spokane, WA 99203-0033**

Toll Free: 1-888-678-9438                      **http://www.sitandbefit.org**

**sitandbefit@sitandbefit.org**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**E-MAIL:** \_\_\_\_\_

**PHONE:**(       ) \_\_\_\_\_

*If this is a GIFT, please complete the following.....*

Name of Recipient: \_\_\_\_\_

Shipping Address: \_\_\_\_\_

Did you learn about SIT AND BE FIT™ through the TV program?  
 Yes, Station? \_\_\_\_\_                       No

Would you like a --  Brochure?    Complimentary Newsletter?    Order Form Only?