

◆ SIT AND BE FIT ORDER FORM ◆

Qty.	Video Tapes/DVDs	Unit Price
_____	Tone and Stretch I VHS	\$22.95
_____	Tone and Stretch I VHS (Spanish)	\$22.95
_____	Tone and Stretch II VHS <i>In Ragtime</i>	\$39.95
_____	Tone and Stretch III VHS w/resistance band*	\$39.95
_____	Tone and Stretch IV w/resistance band*	\$27.95
_____	<input type="checkbox"/> VHS <input type="checkbox"/> DVD	
_____	SIT AND BE FIT Workout <i>Season Eight</i>	\$24.95
_____	<input type="checkbox"/> VHS <input type="checkbox"/> DVD	
_____	All-Sitting Exercises	\$24.95
_____	<input type="checkbox"/> VHS <input type="checkbox"/> DVD	
_____	All American Workout with resistance band*	\$27.95
_____	<input type="checkbox"/> VHS <input type="checkbox"/> DVD	
_____	Balance & Fall Prevention Workout	\$20.95
_____	<input type="checkbox"/> VHS <input type="checkbox"/> DVD	
_____	Balance & Fall Prevention Beginning Workout	\$20.95
_____	<input type="checkbox"/> VHS <input type="checkbox"/> DVD	
_____	30 Minute Workout VHS	\$22.95
SPECIALTY WORKOUTS		
_____	Stroke Workout VHS	\$16.95
_____	COPD Workout VHS	\$16.95
_____	Parkinson's Workout VHS	\$16.95
_____	Parkinson's Workout II	\$18.95
_____	<input type="checkbox"/> VHS <input type="checkbox"/> DVD	
_____	Osteoporosis Workout VHS	\$16.95
_____	Osteoporosis Workout II w/resistance band*	\$20.95
_____	<input type="checkbox"/> VHS <input type="checkbox"/> DVD	
_____	Multiple Sclerosis Workout VHS	\$16.95
_____	Diabetes Workout	\$18.95
_____	<input type="checkbox"/> VHS <input type="checkbox"/> DVD	
_____	Fibromyalgia Workout	\$18.95
_____	<input type="checkbox"/> VHS <input type="checkbox"/> DVD	
_____	Arthritis Workout	\$24.95
_____	<input type="checkbox"/> VHS <input type="checkbox"/> DVD	
OTHER WORKOUTS		
_____	Kids' Workout VHS	\$19.95
_____	Caregiver's Guide To Exercise VHS	\$29.95
_____	Senior Friends Focus On Fitness VHS	\$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
_____	Tone & Stretch I	\$15.95
_____	<input type="checkbox"/> Audio Tape <input type="checkbox"/> CD	
_____	Tone & Stretch II Audio Tape with Booklet	\$21.95
_____	Tone & Stretch II Booklet Only	\$13.00
_____	Healing & Relaxation/Prelude to Sleep	\$11.95
_____	<input type="checkbox"/> Audio Tape <input type="checkbox"/> CD	
_____	SIT AND BE FIT™ Music Only Audio Tape	\$14.95
_____	Book: <i>Stretching For 50+</i> by Dr. Karl Knopf	\$13.95
_____	Book: <i>Weights For 50+</i> by Dr. Karl Knopf	\$14.95
_____	Manual: <i>Caregiver's Guide To Exercise</i>	\$19.95
_____	Correspondence Course: (plus \$7 S/H)	\$119.00
_____	Chair Exercise For Functional Fitness	
_____	Correspondence Course Workbook Only	\$18.00

Qty.	Accessories	Unit Price
_____	Exercise Band (Choose resistance below)	\$6.50
_____	<input type="checkbox"/> Extra Light <input type="checkbox"/> Light <input type="checkbox"/> Medium <input type="checkbox"/> Heavy <input type="checkbox"/> Extra Heavy	
_____	Exercise Towel	\$9.95
_____	Egg Shakers (1 pair)	\$6.00
_____	Small Ball (1 inch)	\$3.50
_____	Large Ball (10-inch)	\$6.50
_____	Adult T-shirt -Jade, Purple, Yellow, or Black (Circle one)	\$17.00
_____	<input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large	
_____	Adult Sweatshirt (Royal Blue)	\$21.00
_____	<input type="checkbox"/> Small <input type="checkbox"/> Medium <input type="checkbox"/> Large <input type="checkbox"/> X-Large	
_____	Children's T-shirt (Teal)	\$12.00
_____	<input type="checkbox"/> XS (2-4) <input type="checkbox"/> S (6-8) <input type="checkbox"/> M (10-12) <input type="checkbox"/> L (14-16)	

Prices in effect until June 31, 2008

OFFICE USE ONLY: Date: _____ Initials: _____ Station Card

MULTI-PACK DISCOUNT

Order 3 or more videos, DVDs, audio tapes, or CDs in any combination and **SAVE \$2.00 per video or DVD and \$1.00 per audio tape or CD.**

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

Discount (if applicable): - \$ _____

Subtotal After Discount: \$ _____

Shipping/Handling (4th Class-about 2 weeks):

1 item -- \$4.95 4-6 items -- \$ 8.95 \$ _____

2 items -- \$6.95 7-9 items -- \$10.95

3 items -- \$7.95

Shipping/Handling for small items: \$ _____

Exercise Bands, Egg Shakers, & Small Ball

Shipping for 1 small item alone--\$3.00

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

SUBTOTAL \$ _____

Only WA State residents add 8.6% sales tax \$ _____

(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. Fed Ex 2nd Day \$ _____

Add \$12.00 to regular shipping charges.

3. Fed Ex 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**

<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? Order Form Only?

Complimentary Newsletter?