



Reverse side

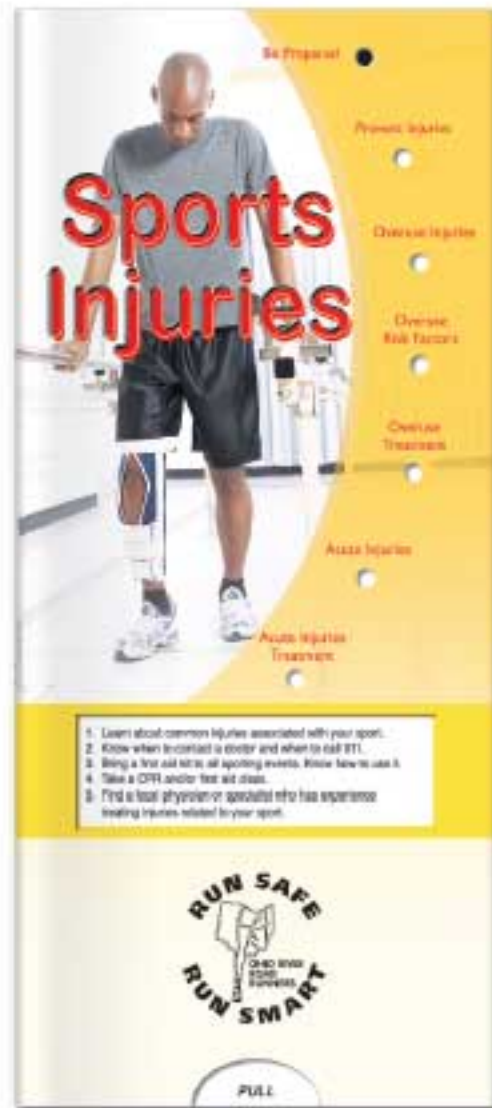
#2112 Pocket Slider

Interactive slide chart
Available in Spanish

Fitness & Exercise - It's important to choose the right gym, diet, and exercise. Plus sections for seniors, kids and a chart to help calculate target heart rate.

250	500	1,000	2,500	5,000
\$.69	.66	.62	.57	.51 5C

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2".
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.



#2123 Pocket Slider

Interactive slide chart

Sports Injuries - What do you do when you get a sports injury? Learn the R.I.C.E. treatment, information on prevention, plus kids and sports.

250	500	1,000	2,500	5,000
\$.69	.66	.62	.57	.51 5C

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2".
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.



#BM8003 Bookmark

Informative bookmark

Staying Fit & Healthy - While you enjoy a good book, you'll also appreciate this convenient listing of health and fitness suggestions.

300	500	1,000	2,500	5,000
\$.47	.39	.36	.33	.30 5C

Set Up: \$35(G). Product Size: 2-3/4" x 8".
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.

Mix & match
Multiples of 100 pieces per title



#9561 Better Book

36-page pocket health guide

Health & Fitness - Stay current with your exercise training and keep yourself healthy. This complete handbook will help you to stay fit and maintain your good health.

250	500	1,000	2,500	5,000
\$1.19	1.14	1.09	.99	.94 5C

Clear Vinyl Book Cover: Add \$.25(G) each.
Set Up: \$35(G). Product Size: 3-3/4" x 6".
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.

#3008 Pocket Doctor
Available in Spanish
24-page accordion fold
with clear vinyl sleeve

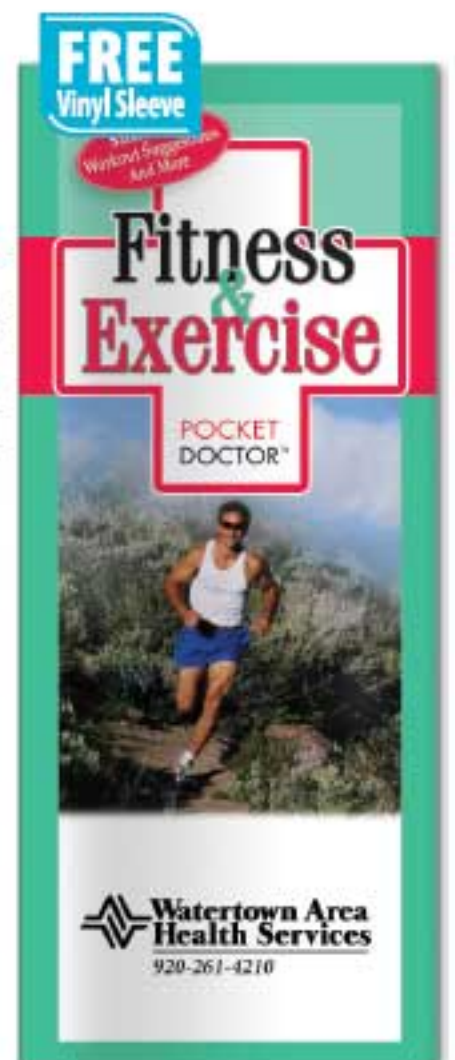
Fitness & Exercise - There are differences between cardiovascular exercise and strength training. Get the scoop on various types of workouts, training and nutrition.

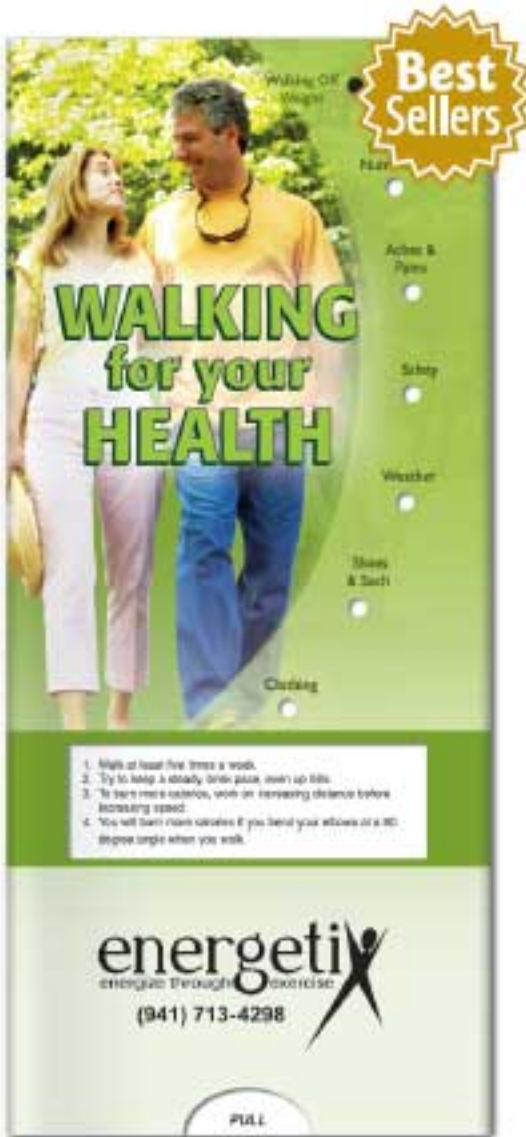
250	500	1,000	2,500
\$1.53	1.40	1.31	1.19 4C

Set Up: \$35(G). Product Size: 3" x 7-1/2".
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.



Sample pages



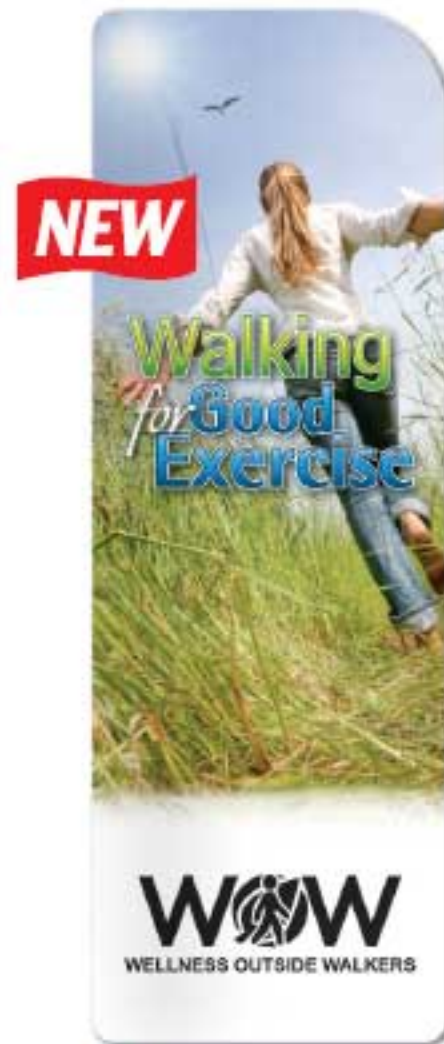


#2125 Pocket Slider
Interactive slide chart

Walking for your Health - Take the first step. Walking adds countless benefits for good health and well-being. Learn about walking shoes, techniques and safety. Plus tips on walking tours, hiking and trails.

250	500	1,000	2,500	5,000
\$.69	.66	.62	.57	.51 SC

Set Up: \$35(G). Product Size: 3-3/4" x 8-1/2".
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.



#BM8006 Bookmark
Informative bookmark

Walking for Good Exercise - Learn about proper walking position, form and technique. Get good exercise and stay safe!

300	500	1,000	2,500	5,000
\$.47	.39	.36	.33	.30 SC

Set Up: \$35(G). Product Size: 2-3/4" x 8"
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.

Double-Sided
Bookmarks



Reverse side



#BM8020 Bookmark
Informative bookmark

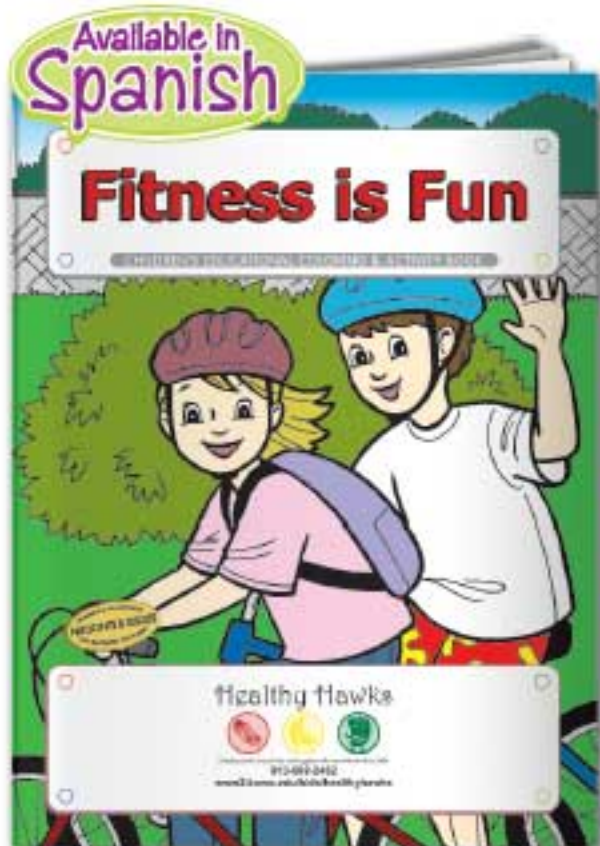
Fitness for Me! - It is easy to be fit and stay healthy. There are many simple things that we can do each day to stay in shape.

300	500	1,000	2,500	5,000
\$.47	.39	.36	.33	.30 SC

Set Up: \$35(G). Product Size: 2-3/4" x 8"
Imprint: 2-1/4" x 1-1/8". Production: 10 days.
See imprint colors on page 62.



Reverse side



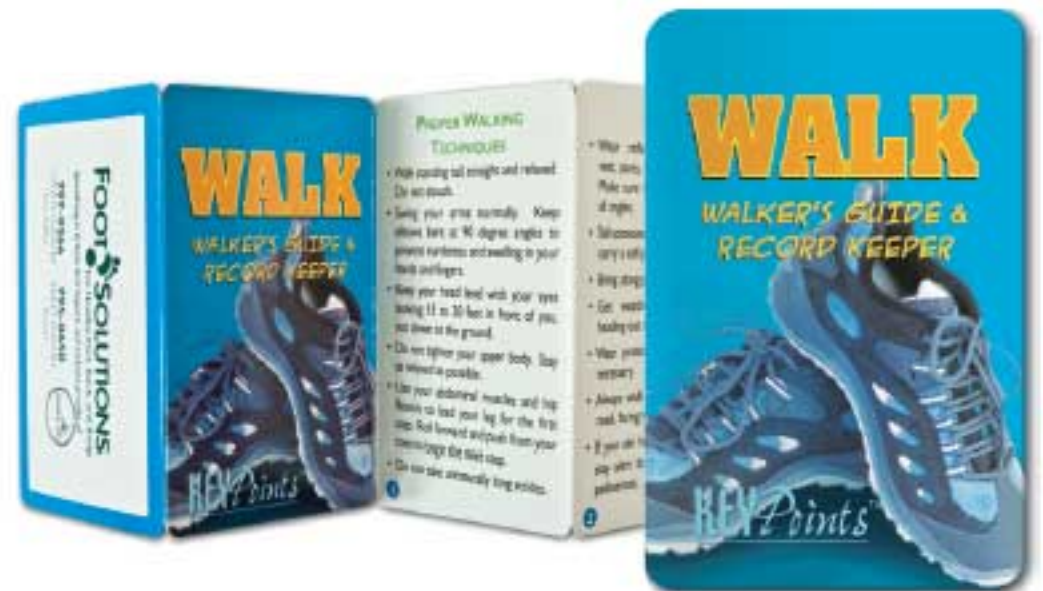
Sample pages

#CB1008 Coloring Book
16-pages with complete storyline

Fitness is Fun - Kids discover that there are lots of ways to get fit, stay healthy and have fun with fitness.

250	500	1,000	2,500	5,000
\$.62	.57	.54	.48	.46 SC

Set Up: \$35(G). Product Size: 8" x 10-1/2"
Imprint: 5" x 1-1/2". Production: 10 days.
See imprint colors on page 62.



#7124 Key Point
Folds to credit-card size

Walker's Guide - Learn the proper techniques for walking safely and track your walking distance and times.

300	500	1,000	2,500	5,000
\$.47	.36	.33	.30	.28 SC

Set Up: \$35(G). Product Size: 2-1/8" x 3-3/8"
Imprint: 2-1/2" x 1-3/8". Production: 10 days.
Key Points ship flat.
See imprint colors on page 62.

Mix & match
Multiples of 100 pieces per title

FREE
2nd Color
Imprint