

## UCan! Do-It-Yourself Kit Order Form

Fitness can be achieved at home or on the road with the UCan! Do-It-Yourself Kit. One kit containing a set of portable exercise gear is available to each *UCare for Seniors* member for just \$10 (one additional kit can be purchased for \$40). Everyone who orders a kit also receives a free consultation with a health promotion professional to help get the greatest benefit from using the kit.

The handy Do-It-Yourself Kit contains several items that will get you walking, stretching, and tracking your progress:

- A step-counting pedometer to help you stay active.
- A Thera-Band Stretch Band®\* to help you stay strong.
- An activity program booklet with complete Thera-Band Stretch Band® instructions.
- A UCare Activity Log Book for you to record your fitness activities.
- A UCan! Be Fit DVD that shows you how to stay fit with your pedometer and Thera-Band Stretch Band®.

*\*This band contains natural rubber latex, which may cause an allergic reaction in sensitive individuals. A non-latex replacement band can be substituted at the buyer's request.*

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You may order one kit at a cost of \$10 (price includes shipping and handling) to the address below. (One additional kit may be ordered for \$40, which includes shipping and handling.)

\_\_\_ \$10 for *UCare for Seniors* members only

\_\_\_ \$40 for an additional kit

\_\_\_ **Total enclosed**

To order a Do-It-Yourself Kit, include a check or money order payable to **UCare**; no cash or credit card numbers, please. Write your UCare member identification (ID) number on this form and on your check or money order.

Name: \_\_\_\_\_

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

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_

Best time to reach you: \_\_\_\_\_

UCare ID Number: \_\_\_\_\_

Substitute a non-latex stretch band in place of the latex Thera-Band Stretch Band.

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**Fill out this form completely and mail it with your payment to:**

**UCare**  
**Attn: Health Promotion**  
**P.O. Box 52**  
**Minneapolis, MN 55440-0052**

