

Employee Health & Fitness Month 2011 Order Form

ITEM	QUANTITY	PRICE	TOTAL
EF1 Vinyl Banner		\$59.95	
EF2 Classic T-shirt			
M L XL XXL (Add \$2 each) XXXL (Add \$3 each)			
EF3 Colored T-shirt			
M L XL XXL (Add \$2 each) XXXL (Add \$3 each)			
EF4 Baseball Style T-shirt			
M L XL XXL (Add \$2 each)			
EF5 Eco Safe Water Bottle			
EF6 Freedom Tumbler			
EF7 Stainless Steel Bottle			
EF8 Keylite			
EF9 Access Cooler Bag			
EF10 Non-woven Grocery Tote			
EF11 Reflective Sports Pack			
EF12 Body Tape Measure with BMI Scale			
EF13 Clip-On Pedometer			
EF14 Fitness Notebook			
EF15 Exercise Towel			
EF16 Arm Band Media Holder			
EF17 Fitness Kit		\$14.99	
EF18 Good Nutrition Booklet			
EF19 Healthy Snack Bookmark			
EF20 Healthy Snack Post Up			
EF21 Cotton Ankle Sock Women's Men's			
EF22 Physical Fitness Wheel			
EF23 Tool Kit PDF		\$13.95	

†Shipping & Handling Charges
 \$4.99 or less \$3.50
 \$5.00-\$25.00 \$7.50
 \$25.01-\$60.00 \$9.95
 \$60.01-\$100.00 \$11.50
 \$100.01-\$149.99 \$14.95
 \$150.00 and above add 10% of the subtotal.

Alaska, Hawaii, Puerto Rico, and Canada orders: double shipping charge. Overseas orders: provide FedEx number or Visa/MasterCard # and actual shipping (plus \$10.00 handling) will be charged.

OTHER PRODUCTS AVAILABLE

Have you seen a gift you like that we don't picture? We can print your logos on almost any gift product (clocks, photo albums, plaques, etc.). Call 847-963-8100 for information.

FACILITY PERSONALIZATION

Most products can be personalized with your facility name or logo (\$500 minimum order for each product; some products require a minimum quantity). There is a one-time \$50.00 imprint charge. Include desired layout with your camera-ready artwork. We will fax a proof prior to production. Call for details.

DELIVERY

Allow 2-3 weeks for regular delivery. ORDER by April 18, 2011 to ensure delivery by National Employee Health & Fitness Month. Call for information regarding rush delivery.

Jim Coleman, Ltd. • Dept. NEHF-11
 428 S. Vermont St
 Palatine, IL 60067

Subtotal _____
 9.5% Tax (IL only) _____
 Shipping/Handling† _____
 Invoice Fee _____
Total _____

Ship to: (Please print clearly.) Facility Residence
 Name _____
 Institution _____
 Address _____
 City _____ State _____ Zip _____
 Daytime Phone: (____) _____
 Fax: (____) _____
 Email: _____

Allow 2-3 weeks for delivery—Order by April 18, 2011 in order to receive the items in time for National Fitness Month. For rush delivery information, call Customer Service at 847-963-8100.

Method of Payment (check one)

Pre-Payment: make checks payable to Jim Coleman, Ltd.
 VISA/Mastercard/American Express Fax to 1-847-963-8200, or online: www.jimcolemanltd.com/nehf

Card # _____ Exp. Date _____
 Purchase Order (\$100 minimum) Fax to 1-847-963-8200
 NO PHONE ORDERS

- The vendor on your purchase order must be Jim Coleman, Ltd.
- PURCHASE ORDERS MUST BE FAXED. Submit a copy of the actual purchase order document with completed order form. Purchase requisitions are not acceptable.
- Purchase orders under the \$100 minimum will incur a \$5.00 invoicing fee. Please include this charge as a line item.

VISA/MasterCard—FAX: 847-963-8200, or www.jimcolemanltd.com/nehf
 Customer Service: 847-963-8100 or service@jimcolemanltd.com

Prst Stnd
 U.S. Postage
 PAID
 Permit No. 151
 Mt. Prospect, IL

National Association for Health and Fitness
 65 Niagara Square, Room 607
 Buffalo, NY 14202

EF21 Cotton Ankle Sock - Start every workout or trip around town with a pair of these super comfortable ankle socks. Made with extremely soft ring spun cotton. Women's size 9-11, Men's size 11-13. Minimum order 120 pairs
 120-299 \$5.49, 300-499 \$5.25, 500+ \$4.99

EF22 Physical Fitness Wheel - Health guide wheel with complete physical fitness exercise program for men and women.
 Minimum order 250 pcs
 250-499 \$1.49, 500+ \$1.35

EF23 Tool Kit PDF - Valuable tools for planning, promoting, and evaluating an NEHF Month event. Also included in the Toolkit are activity ideas, checklists, posters, flyers, and logos your company can use to promote healthy, active lifestyles at your worksite in celebration of National Employee Health & Fitness Month. This Toolkit PDF file will arrive by email.
 \$13.95 each



EF21



EF23



EF22

Web Exclusive Special Pricing Deals – Go to our website for dozens of online exclusive “Special Pricing” deals on products not pictured in this catalog.
 Shop online: www.jimcolemanltd.com/nehf

****Early Bird Special! Order by March 11th and receive 10% off your order!**



CELEBRATE HEALTH AND FITNESS MONTH! MAY 2011*

All of us at National Association for Health and Fitness (NAH&F, a non-profit) want to thank you for your interest in the May 2011 National celebration of Employee Health and Fitness Month. We have scientific and economic evidence that **physically active lifestyles benefit employees and employers alike**. Your participation in National Employee Health and Fitness Month is testimony to your understanding and valuing of the well being of your employees and the strategic contribution employee health makes to the American workforce's ability to compete!

Thank you for your participation.
 THE NAH&F BOARD of DIRECTORS

CELEBRATE NATIONAL EMPLOYEE HEALTH & FITNESS MONTH, May 2011! Shop online: www.jimcolemantd.com/nehf

EF1 Vinyl Banner - Make a big statement with this large 6' x 3' colorful banner. Durable heavyweight vinyl comes complete with tough brass grommets so it can hang indoors or out. A great way to promote to the public and staff. \$59.95 each

EF2 Classic T-shirt - A classic style that's great for everyday wear or the casual work environment. Made from 100% semi-combed cotton, pre-washed to look your best. M, L, XL, XXL (add \$2 for each XXL), XXXL (add \$3 for each XXXL) 1-35 \$10.99, 36-71 \$7.49, 72-143 \$6.75, 144+ \$5.99

EF3 Colored T-shirt - 100% preshrunk cotton colored tee features the 2-color logo. Choose between royal, honey, maroon, stone blue, forest green, purple, orange, navy, red, or call us with your special request. (Enter the color you want in the Comments Section when placing your online order.) Minimum order 36 pcs. M, L, XL, XXL (add \$2 for each XXL), XXXL (add \$3 for each XXXL) 36-71 \$8.95, 72-143 \$7.95, 144+ \$6.95

EF4 Baseball Style T-shirt - Preshrunk 100% heavyweight cotton baseball style t-shirt with three quarter length royal blue raglan sleeves. Double needle stitched sleeves and hemmed bottom. M, L, XL, XXL (add \$2 for each XXL) 1-35 \$12.99, 36-71 \$12.49, 72-143 \$11.99, 144+ \$11.49

EF5 Eco Safe Water Bottle - Large 24 oz. BPA free water bottle. Twist off lid with push/pull spout makes it great for exercising. An Eco-Responsible® product made from 30% pre-consumer recycled material. 1-49 \$2.75, 50-99 \$2.49, 100+ \$2.25

EF6 Freedom Tumbler - 16 oz. double wall acrylic tumbler. Take your favorite cold beverage or smoothie on the go with you. You may have seen this item selling at the trendy coffee shops for twice the price. Twist tight lid with gasket for spill resistant travel. Matching straw with sure-ring prevents loss. BPA free. 1-74 \$8.25, 75-143 \$7.99, 144-288 \$7.75, 289+ \$7.49

EF7 Stainless Steel Bottle - Stainless steel 25 oz. grip bottle with screw on spill resistant lid. Wide mouth opening. Comes with split ring. 10" high. Minimum order 25 pcs. 25-99 \$8.25, 100-249 \$7.99, 250-499 \$7.49, 500+ \$6.99

EF8 Keylite - Round plastic keylite allows you to have a light at your fingertips at night when locking your car or house. Press button to activate LED light. Split ring key ring. Minimum order 50 pcs. 50-99 \$1.79, 100-199 \$1.69, 200+ \$1.59

EF9 New! Access Cooler Bag - Six pack cooler bag with zippered closure, two-tone front pocket and side mesh pocket. Made of 210D polyester. 10" x 7" x 6". Minimum order 25 pcs. 25-99 \$6.99, 100-249 \$6.79, 250-499 \$6.49, 500+ \$6.29

EF10 Non-woven Grocery Tote - Lightweight non-woven polypropylene material is sturdy and environmentally friendly. Perfect for trips to the store or market. 13" x 15" x 10". Minimum order 25 pcs. 25-99 \$2.99, 100-249 \$2.75, 250-499 \$2.49, 500+ \$2.25

EF11 Reflective Sports Pack - Reflective drawstring closure sports pack with reinforced eyelets. Made of 210D nylon with carrying handles. 13 1/2" x 16". Minimum order 25 pcs. 25-99 \$3.75, 100-249 \$3.49, 250-499 \$3.25, 500+ \$2.99

EF12 New! Body Tape Measure with BMI Scale - 60" cloth tape with metric/inch scale measures body mass index and body fat based on height and weight for adults. Minimum order 50 pcs. 50-99 \$2.99, 100-249 \$2.89, 250-499 \$2.69, 500+ \$2.49



EF13 Clip-On Pedometer - Multifunction pedometer tracks steps, distance walked and calories burned. Button cell battery included. 1-49 \$4.99, 50-99 \$4.49, 100+ \$3.99

EF14 Fitness Notebook - Stay on target by recording your exercise and eating routine with this handy 5" x 7" notebook. Polypropylene cover tucks closed. 70 ruled sheets. 1-49 \$2.99, 50-99 \$2.75, 100+ \$2.49

EF15 Exercise Towel - 100% cotton towel is the perfect size to take with you when exercising. 15" x 17". Minimum order 150 pcs. 150-299 \$2.99, 300-499 \$2.75, 500+ \$2.25

EF16 Arm Band Media Holder - Lightweight and comfortable this armband is perfect to use while exercising. Pockets for ID, phone, MP3 player, credit cards and more. Velcro® closure. Minimum order 50 pcs. 50-99 \$8.75, 100-149 \$8.49, 150-299 \$7.99, 300+ \$7.49

EF17 Reduced Price! Fitness Kit - Three great items at a reduced price! Kit includes: Freedom Tumbler, Clip-On Pedometer and Fitness Notebook. \$14.99 each kit

EF18 Good Nutrition Booklet - This handy 36-page reference guide contains tips on how to develop healthy eating habits. Let this book be your mission to good health. Minimum order 250 pcs. 250-499 \$1.99, 500+ \$1.79

EF19 Healthy Snack Bookmark - Good snacks/staying healthy bookmark. This book marker is packed with healthy food tips with a list of 100 calorie and under snacks. Double-sided and informative. Minimum order 250 pcs. 250-499 \$0.89, 500+ \$0.79

EF20 Healthy Snack Post Up - When hunger strikes, it's time for a snack! Post up this great listing of more than 70 ideas for fun, interesting and healthy snacks. Minimum order 250 pcs. 250-499 \$0.95, 500+ \$0.89

See these products on our back panel!

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Order online at www.jimcolemantd.com/nehf See back panel for ordering details.