

## Product Summary

Rev up your workout with ease! Our panel of Young Living brand ambassadors and athletes has come together to design this first-of-its-kind fitness kit, which includes Cool Azul™ Sports Gel, plus Deep Relief™, Peppermint Vitality™, Copaiba, R.C.™, and Thieves® essential oil blends. This kit is designed with convenience in mind with a carabiner for easy attachment to any gym bag, an exterior pocket that perfectly fits a Slique® Bar, and an interior pocket sized just right for a tube of NingXia Nitro™. As an added bonus, this kit will include three roller fitments to complement each topical essential oil. The Active & Fit Kit supports every fitness regimen, from elite competition to daily workouts.

## Primary Features

The Active & Fit Kit includes:

- Nylon carrying case with seven interior mesh pockets, an exterior pocket, and a carabiner for easy attachment to any gym bag
- Cool Azul Sports Gel, 3.4 ounce
- Deep Relief essential oil blend, 5 ml
- R.C. essential oil blend, 5 ml
- Thieves essential oil blend, 5 ml
- Copaiba essential oil, 5 ml
- Peppermint Vitality essential oil, 5 ml
- 3 AromaGlide® roller fitments
- Product information card

## Who Should Use the Active & Fit Kit?

- Follow the directions on each individual product.
- Cool Azul Sports Gel: Cool Azul Sports Gel is a perfect choice to use before or after physical activity. Rub and massage generously onto skin. The rich, moisturizing botanicals leave skin feeling soft and hydrated. Wash hands after use.
- Deep Relief essential oil blend: Apply topically for a cooling sensation and invigorating aroma.
- Peppermint Vitality essential oil: When added to water, Peppermint Vitality essential oil may support performance during exercise.\*
- Copaiba essential oil: Add to Cool Azul Sports Gel when desired. Used topically, Copaiba



essential oil can be an important part of your skin care regimen.

- R.C. essential oil blend: Apply to chest before activity. This fresh blend of pure essential oils provides a clean, refreshing aroma before a workout and can be used after a workout for a refreshing, aromatic massage.
- Thieves essential oil blend: When used aromatically, Thieves essential oil blend provides a clean and refreshing scent. Apply to bottoms of feet after activity.

## Caution

- Keep out of reach of children.
- Follow the caution guidelines on each individual label.

## Complementary Products

- Slique® Bars
- NingXia Nitro™
- Cool Azul™ essential oil blend
- PanAway® essential oil blend
- Relieve It™ essential oil blend
- Ortho Ease® massage oil
- Ortho Sport® massage oil
- V-6™ Vegetable Oil Complex
- Vitassage™ essential oil dispensing massager

## Did You Know?

- The Centers for Disease Control and Prevention (CDC) recommends that all adults need at least 150 minutes of moderate to intense aerobic activity and two or more days of strengthening activities for all major muscle groups per week.
- According to the CDC, only 3 in 10 high school students get at least 60 minutes of physical activity every day.

\*These statements have not been evaluated by the Food and Drug Administration. Young Living products are not intended to diagnose, treat, cure, or prevent any disease.