

# health education

## EXERCISE EQUIPMENT

The Health Education Department carries a wide variety of products to promote the health and well-being of our members and employees. Below is a sample of some of the exercise equipment we offer. For more information or to purchase a product, please call or visit us at the following locations:

**Panorama City Medical Center**  
North 2 Bldg.  
818-375-3018 or 818-375-3096

**Santa Clarita Medical Offices**  
Executive Plaza Bldg.  
661-222-2100

**Mission Hills Medical Offices**  
11001 Sepulveda Blvd.  
818-837-2300



### Stretch & Strength Tubes

**\$17.00 + tax**

Blue: High Strength

Green: Med-High Strength

Purple: Medium Strength

Comes with an instruction booklet



### Stability Balls

Green **\$15.00 + tax** (Height is 5' to 5'6")

Blue **\$16.00 + tax** (Height is 5'7 to 5'11")

Purple **\$17.00 + tax** (Height is 6" and above)

Each stability ball comes with instructions



### Kaiser Permanente Thrive Work Out Bands

**\$3.00 + tax**



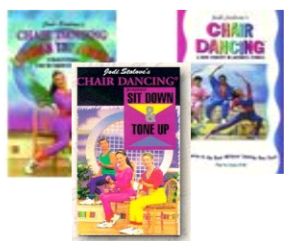
### Kaiser Permanente On-The-Go Yoga Mat

**\$15.00 + tax**



### Thera-Band® Resistance Bands

**\$5.00 + tax**



### Chair Dancing Video/DVD

**\$15.00 + tax**



### Relaxation CD

**\$12.00 + tax**



### Ankle/Wrist Exercise Weights

2 x 1.5LB **\$10.00 + tax**

2 x 2.5LB **\$11.00 + tax**



### Yamax SW-200

**\$12.95 + tax**

Single Function: Counts steps

Comes with instructions and battery



### LifeSource XL-15 Pedometer

**\$13.95 + tax**

Multi Function: Counts steps, distance  
and calories

Product selection and prices are subject to change. Products may vary by location.