

**Forever Active Scheme
DVD ORDER FORM 2011**



Name: _____

Address: _____

Forever Active membership number (If applicable) _____

Telephone Number: _____

Email Address: _____

Forever Active DVD

These two home based exercise DVDs have been designed by exercise specialists working on the Forever Active scheme to ensure they are suitable for the 50+ age group or those returning to a more active lifestyle.

Cost: £6 each or £10 for both.

Strength and Balance DVD – Sections include: Warm Up, Seated Strength, Standing Strength, Balance, Cool Down, T'ai Chi and Pelvic Floor.

Total Body Workout DVD – Sections include: Warm Up, Aerobics, Standing Strength and Toning, Pilates, Cool Down, Pelvic Floor.

DVD	Quantities
Strength and Balance DVD (£6)	
Total Body Workout DVD (£6)	
DVD Box Set (£10)	
DVD and any colour resistance band (£8) Please state colour band _____ PINK (light) / PURPLE (intermediate) GREEN (advanced)	
TOTAL COST	

TOTAL ORDER COST: £ _____	CASH OR CHEQUE? _____
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Please enclose a cheque for the total amount made payable to the 'Forever Active Forum'. We will aim to process and dispatch your equipment order within 14 days. (Total body workout DVD will be ready beginning of August 2011)

Please return the order form with payment to Forever Active, Sports Development, Hobson House, 44 St Andrews Street, Cambridge CB2 3AS

Office Use Only:

<u>Forever Active Payment Receipt</u>	
£.....	Cash/Cheque received from
Taken by:	Date:.....
Date item dispatched:	Signed:.....