



Rosmery Jiménez  
Healthy Lifestyle Coach

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## Healthy Lifestyle Program

Before we can start your Program, you will need to invest in the following basic exercise equipment. The required exercise equipment is versatile, easy to store, and easy to carry, and is intended to support your customized Program, and maintain your healthy lifestyle beyond.

The total cost of the equipment ranges from \$450 to \$525. You may start the program with only the first two items: Exercise Mat and 2-3 lbs. Dumbbells while the other items are being shipped or you continue shopping.

The products below have been regularly used by Coach Rosmery and her clients and represent proven quality items. While the products below are recommended by Coach Rosmery, you may choose similar items of a different preferred brand or similar equipment you may already own.

### Basic Exercise Equipment List

All products on the Basic Exercise Equipment List may be found by searching amazon.com or using the direct link below. Other vendors may have these and similar products for purchase.

Product Description	Direct Amazon Link
<b>Tatago</b> Large Yoga Mat/ Exercise Mat for Men and Women 80" x 40"	<a href="#">Exercise Mat</a>
<b>WF Athletic Supply</b> Coated hex dumbbells with A frame storage and back non-slip Option 1: 2 to 10 lbs. Dumbbell Starter Set or Option 2: 5 to 25 lbs. Extended Set	<a href="#">Option 1 Dumbbells</a> – Starter Set <a href="#">Option 2 Dumbbells</a> – Extended Set
<b>Gaiam Mat</b> - Premium 6mm Extra Thick	<a href="#">Yoga Mat</a>
<b>Prosource Fit</b> Yoga Knee Pads	<a href="#">Yoga Knee Pads</a>
<b>Vergali</b> Fabric Resistance Bands	<a href="#">Fabric Resistance Bands</a>
<b>RitFit</b> Rubber Resistance Band	<a href="#">Rubber Resistance Band</a>
<b>321 Strong</b> Foam Roller	<a href="#">Foam Roller</a>
<b>Idson</b> Muscle Roller Stick	<a href="#">Muscle Roller Stick</a>
<b>Etekcitcity</b> Smart Wi-Fi Scale	<a href="#">Smart Scale with App</a>

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