



Health Yourself Byte

IDEAS FOR HEALTHIER GIFT GIVING . . .

Here are a few suggestions to help your family and friends begin 2011 on a healthier note . .



To Encourage Healthier Eating . . .

1. HIGH QUALITY VINEGAR AND OIL
2. A COOKING CLASS
3. A HEALTHY-EATING COOKBOOK
4. A CROCKPOT, RICE COOKER, STEAMER OR WOK
5. VARIETY OF NUTS FOR SNACKING
6. FRUIT BASKET/FRUIT OF THE MONTH

To Encourage Getting Up and Staying Active . . .

1. CLOTHES FOR STAYING ACTIVE OUTDOORS (gloves, hat, long underwear)
2. A FUN EXERCISE CLASS
3. A SESSION WITH A PERSONAL TRAINER
4. A TUNE-UP FOR A BICYCLE
5. A PEDOMETER, A STABILITY BALL, A YOGA MAT
6. TICKETS TO GO ICE-SKATING



To Encourage Time for Self . . .

1. CLASSICAL MUSIC CD
2. GIFT CERTIFICATE FOR A MASSAGE/PEDICURE
3. SCENTED CANDLES
4. GOOD BOOK
5. MOVIE TICKETS
6. SUBSCRIPTION TO A HEALTH MAGAZINE

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The Medical
Center of Plano