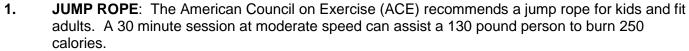


HOLIDAY GIFTS THAT KEEP ON GIVING . . .

If you're looking for a few last minute holiday gifts that can also lead to better physical and mental health . . . try these:



- **2. HEART RATE MONITOR:** You can find these for around \$50.00, although some are more expensive. These are great for people just starting to exercise regularly. Getting up to 70-80% of your maximum heart rate is great for fat burning.
- 3. **PEDOMETER:** This tool can keep you be mindful of how much you REALLY are moving.
- **4. RESISTANCE BANDS:** Color-coded by the resistance they provide, these bands can be a great stocking stuffer. Make sure that you include an instruction book or DVD!!!
- **5. STATIONARY FRAME FOR YOUR ROAD BIKE:** For around \$50.00, this tool can make your outdoor bike into an indoor exercise bike.
- 6. EXERCISE DVD's.
- 7. STARTER LESSONS IN YOGA, PILATES, KARATE, SWIMMING OR BOXING.
- 8. YOGA MAT or STABILITY BALL.
- **9. ASSORTED BALLS:** Kids and adults can benefit from a volleyball and net, basketball, etc.
- **10. DOUBLE-SIDED COUNTERTOP GRILL:** These grills help everyone to eat meat and veggies prepared in a healthier way and they are simple to use. You might also think about purchasing *Cooking Healthy with the Kids in Mind, BY JoAnna M. Lund.* Kids can use these types of grills if properly supervised.
- **11. BLENDER OR JUICER**: You can make great treats using a blender. This can be a painless way to increase servings of fruit, vegetables and milk . . . for kids and adults.
- 12. APRON FOR EACH CHILD
- 13. COOKBOOKS
- **14. HEALTHY FOODS:** A gourmet basket of fruit, an assortment of nuts, bottles of almond of olive oil or balsamic vinegar.
- 15. BOOKS and BOARD GAMES.
- 16. LAVENDAR BATH SALTS AND LOTIONS
- 17. GIFT CERTIFICATE FOR A MASSAGE
- 18. ANYTHING THAT <u>YOU'D</u> WANT OR NEED TO HELP YOU BUILD A BETTER YOU IN 2012!!

PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL



