

GIVE THE GIFT OF HEALTH



This year get creative and give your friends, family and co-workers gifts that celebrate and promote health – mind, body and spirit. These gifts range in price and emphasize the importance of health, wellness and the spirit of the season.

HERE ARE 15 IDEAS:

1. Workout bag filled with workout clothes
2. Fruit or vegetable trays for teachers and co-workers instead of cookies and candy
3. Bikes for the family to encourage exercise
4. Camping equipment to get outdoors
5. A journal to jot down thoughts and feelings
6. Greaseless, air fryer
7. A gift basket that includes a healthy cookbook and healthy ingredients
8. Gym membership or gift card to workout studio
9. Subscription for a monthly health box—the options are endless
10. Adopt a family in need on behalf of someone
11. Wearable device to track activity
12. Stainless steel or glass water bottle
13. Interactive video game system that requires movement and physical activity
14. Wireless, Bluetooth headphones
15. Essential oil diffuser