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- 12 Fitness Gifts for Family, Friends and Better Yet, Yourself!

# 12 Fitness Gifts for Family, Friends and Better Yet, Yourself!

## 12 Fitness Gifts for

12/23/09



Why give fitness gear to your loved ones for the holidays? Oh, I don't know, maybe because you LOVE them and you want to inspire and encourage them to be healthy and live happy, long and strong lives. Just a thought...

This year, in addition to Your Shape of course, I am giving everyone on my list at least one fitness gift to let them know just how much I really do care about them... so much so that I want them to stick around for as long as possible.

### **1. For The Love of Gear:**

#### **Exercise Shoes That Up Your Calorie Burn By 50%**

Let's face it, we are all looking for quick-fix ways to up our calorie burn and tone our problem areas while, of course, doing less. Well, these shoes just might be your ticket. NGR shoes are said to burn up to 50% more calories while toning your legs and butt doing your everyday activities! They are pretty much regular athletic shoes AND fitness equipment all in one. Unlike other exercise shoes that swear to burn calories and smooth cellulite, NGR™ shoes have weighted midsoles creating tangible and straightforward resistance while allowing you to walk naturally without the fear of falling off balance and falling down. And yup, you can wear them while playing Your Shape too!

### **2. For The Equipment Addict:**

#### **A Softer Hand Weight**

Rejuvenation Tone and Firm Kit with Kathy Smith comes with an instructional exercise chart and soft sand, iron-filled weighted balls that are just as heavy, but easier to grip than dumbbells (which means you can even use them with Your Shape)!

### **3. For The Mind/Body:**

## **Motivation When You Need It Most - In The Mirror**

Need a little extra motivation when you're working out? Just stare at your shirt in the mirror. I love these "[Wear Your Intention](#)" 100% organic cotton Inspiration T-shirts. Based on the Law of Attraction, the inspiring messages help women feel as good on the inside as they will look on the outside!

### **4. For The Beginner:**

#### **Exercise Made Almost Too Easy Not To Do It**

These [G2fit mats and balls](#) are actually very cool. With poses laid out in sequence on the mat, doing a yoga, pilates, or stretch routine has seriously never been easier. They also have a self-guiding fitness ball with core-strengthening exercises drawn on the actual ball. In case you have trouble translating the images into exercises, the kit comes with an instructional video. Another great buy that can also be incorporated into your Your Shape routine.

### **5. For The Foodie/Fitness Buff (who needs a little self-regulating)**

#### **No More Excuses Fitness and Food Journal**

You know I am a huge fan of fitness journals. Well now you don't have the excuse of needing to make one yourself, because this one's all laid out for you. [The Lighten up Weight Control, Workout Journal](#) has pages already created for each day - one side is all about your daily food/calorie intake, and the other is all about your daily physical activities and how they made you feel. At the bottom is a great little reminder quote: "Nothing tastes as good as thin feels."

### **6. For Your Sweetie:**

#### **Healthy Candy?**

You know that you need to take your daily vitamins. And while they sit there, day in and day out on your counter, you somehow overlook them half the time. Well, what if they were gummies? Those make you want to take your vitamins, and might lure you to take too many of them - they are that good! L'il Critters, the number-one-selling children's gummy vitamin and winner of the ChefsBest® Award for Best Taste, now has a line specifically formulated for adults - [Vitafusion Multi Vites with Calcium, Vitamin D, Defense ET, Omega-3, Power CT, CoQ10, Boost BT and Energy B-12T](#). You will become addicted. Believe me!

### **7. For The New Mom:**

#### **Stroller Striding Your Way to Weight Loss**

Strolling with your baby is not just a way for the little one to see the world from the warmth and safety of a stroller, nor is it solely to create visual stimulation outside of the crib - it's also so you can work out. And while walking is undoubtedly great exercise, it can be better. [The Stroller Strides Fitness Kit](#) turns the stroller into a total-body workout thanks to two exercise tubes, a water bottle holder, and a mini stroller fitness book to give you some helpful hints and easy exercises to get your heart pumping without missing a smooth-strolling step.

### **8. For The Kids:**

#### **When I Say Jump, You Say How Many?**

Jumping rope is one of those great nostalgic games that, back then, we had no idea was a workout. Get your kids involved in exercise with you by returning jumping rope to the game-time fun of your youth. Challenge each other to see who can do the most successful rotations in 1, 5, 10 minutes! Don't worry about counting - too easy to lose track. This [Digital Counter Jump Rope](#) does the tough part for you (that would be the counting). All you have to do is jump!

## 9. For The Spirited:

### The Scent of Motivation

Certain colors have been shown to elicit specific responses (which is why kitchens are one of the most common rooms for fights - the color yellow). Couple the color with a supporting scent and watch out world! [Color Aromas](#) has concocted visually stimulating scents designed to have specific purposes - everything from calming to stimulating, inspiring to focusing. Each color aroma is anchored with a stone of that color, highlighting its healing properties. For the fitness-minded, here are the three that I am addicted to:

**-Pale Blue blend** - containing lavender, marjoram and palmarosa oils creating the therapeutic energy for relaxation and calming. Think: muscles, mind and nervous system.

**-Turquoise blend**- contains peppermint, juniperberry and rosemary oils that go to work on muscular pain, fluid retention and circulation.

**-Bright Red blend**- containing cedarwood, cypress and lime oils, Bright Red is stimulating, energizing & activating. It's also effective for perspiration, acting as a natural deodorant.

Rub them into your calms, feet, belly or chest for, I swear, close to immediate relief.

## 10. For The Outdoorsy Type:

### Free Your Outdoor Exercise from Car Keys and Cell Phones

Now this is just cool. Forget about bulky armband pouches, pocketed sweat shirts, hiding your car key within the wheel well of your car, or worse, running with your cell phone and car key in hand. Instead go hands-free when you exercise outside. The SPIbelt is like a mini version of a fanny pack. Wrap it around your waist, secure it, and the bulk-less, bounce-less, expandable pouch will hold your phone, keys, ID and CC without hindering your workout.

## 11. For The Coffee Lover:

### Energize Your Exercise Gear with Coffee... Seriously

Going green is the hottest thing in pretty much every area of life... including exercise gear. People are buzzing about the latest in green technology - coffee grounds. [Moving Comfort's](#) new sports bras are made in part from an energetic innovative exercise fabric - recycled coffee grounds called S.Cafe. The new eco-technology apparently provides serious moisture management and odor control, plus the fabric is soft and surprisingly comfortable. The super-stylish Juno, Vixen and Venus sports bras provide high impact support.

## 12. For The Mom-To-Be:

### New Mamas Little Playing Card Secret

Looking for a little exercise motivation in the form of movement suggestions? I know, even I sometimes struggle with the desire to work out but I can't think of a thing to do. If the power is out and you can't access Your Shape, reach for a [FitDeck](#). The set of 56 playing cards, specific to your workout preferences (Pilates, Athlete, Travel, Yoga, Postnatal, etc.), each contains different exercise options fully explained and illustrated for complete clarity and ease of use. Flip over a card and you might find "Bicycle Crunches," showing two illustrated move examples, a stepped-out description of the movement, the area of the body you will be working, plus the ability level and suggested number of reps. You can mix and match different decks to create a no-equipment cross-training workout that you can do anywhere. I love the New Mamas "bundle" of decks perfect for women in their first trimester through the first few years with their new baby. The New Mamas Bundle includes four mommy-appropriate decks: Prenatal, Postnatal, Playground and Stroller, helping you to keep your workout interesting and therefore motivating.

*Post by Laurel*