



Put “Healthy Gifts” at the Top of Your Holiday Shopping List

“Tis the season to be jolly”- Planning is more important than ever this time of the year. To keep holiday shopping from becoming a major “stress event”, determine your budget, create a shopping list, then start as soon as possible to give yourself the “jolly” gift of time. By choosing the theme of “healthy gifts” you may be more efficient and keep yourself motivated. Does anyone in your circle of friends and family inspire you to laugh more often, move more or concoct healthier meals? We all have “gifts” that shine through as we “lighten up” and support each other into the New Year.

Annie B. Kay, MS, RD, RYT has recently released “*Every Bite is Divine*”. Her website is www.lifeartspress.com. As a Registered Dietitian and Yoga Teacher she knows that “living a healthy lifestyle is much more than knowing what to eat”. This book would be an ideal gift for those starting on the path of yoga. The cost is \$16.95 plus shipping.

Other gift ideas from the “book store” include:

- **Journals**- for self monitoring such as *The Calorie King’s Food and Exercise Journal*. This pocket size companion will help with tracking for 10 weeks @\$3.99. There are also Journals to use as a way to write down what is on your mind to “getting things off your chest”.
- **Magazine Subscriptions**- *Eating Well-Where Good Taste Meets Good Health* issued bi-monthly is \$14.97 per year. Another all round favorite is *Cooking Light-Eat Smart-Be Fit-Live Well* 2 for the price of 1 subscription cards are in the December issue for \$18.00.
- Calendars, Music and Relaxation CD’s are also available in many book stores. Photos, Cartoons and Music are all stress busters. Holiday Stress Management articles by Elizabeth Scott, MS can be found at www.about.com.

After getting educated and inspired at the book store, head to your favorite place to purchase “kitchen gadgets”. This is a sample of ideas:

- **Deluxe Fat Separator**-helps create clear healthy sauces and gravies without the fat @\$14.99 at Bed, Bath and Beyond Stores.
- **Zester** @\$2.99 or a **Microplane** www.microplane.com to add more zest to recipes using lemon, lime and orange flavors.
- **Flexible Cutting Boards** - Silicone Zone Package of four color coded mats to prevent cross-contamination. Examples: Meat/Red, Poultry/Orange, Fish/Blue, Veggies/Green @ \$14.99.
- **Jars for Spices**- this can be an inexpensive thoughtful gift when including a healthy recipe along with it. (www.herbsspice.com or at Findlay Market)

- **Tea Ball/Strainer**-give yourself a gift and have a cup full of antioxidants. Essenza Tea is at Findlay Market and www.essenza.com to further explore the wide world of tea.

The “sporting goods store” is another stop on the journey to healthy gift giving. Here are some ideas to “jog” your memory: *stainless water bottle, exercise tubes/resistance bands, jump rope, set of #5 pound or #10 free weights, balance ball set, basket ball for shooting hoops, pedometer, yoga mat, walking shoes or hiking boots and wooly socks to keep feet warm and dry.*

The best place to find exercise videos is www.collagevide.com with 754 online fitness video previews. This website is great for home exercisers. Leslie Sansone Walking Videos are great for those just getting started. The latest trend in exercise videos are dances such as Salsa. To explore Zumba go to www.zumba.com. Most of these gifts can be used to keep moving indoors through the winter months.

There are many inexpensive, thoughtful ways to personalize healthy gifts including the packaging. Perhaps a “gift certificate” for services offered by Personal NEWtrition www.NutritionSOS.com would fit nicely in your eco-friendly grocery shopping bag?

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