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Gifts for the Fitness-minded Friend



Purchasing the appropriate gift can be easy, especially if the recipient is involved in **fitness activities**. If your friends or relatives already belong to a health club they enjoy, you could extend the membership for as long as your budget allows. Depending on how well you know both parties, an **introductory session with a personal trainer** may be in order.

For those who play specific sports, consider standard equipment or apparel. For the adventurous ones on your gift list, consider a sample lesson for an offbeat activity: trapeze, rock-climbing, even skydiving. If your friend wants to start eating healthier to increase overall fitness level, he or she might appreciate a gift card to an organic food store or supermarket.

Or you can give the gift of **reading**. A book or a subscription to a magazine related to your friend's favorite fitness activity—or a biography of an inspirational sports figure—might be appropriate. If you enjoy a certain **fitness DVD**, give a copy of that. For their further relaxation, give **gift certificates to a reputable licensed massage therapist**.

Because practically everyone enjoys working out to music, the gift of a **new iPod, wireless MP3 headset** or similar device is an almost guaranteed hit. But if that is not within your budget, substitute a gift card that allows the recipient to **download an array of new songs** to listen while biking, punching, dancing, walking or jogging.

The American Council on Exercise has some further suggestions:

- **resistance exercise bands**
- **a stability board**
- **a set of free weights or adjustable dumbbells**
- **a high-quality jump rope**
- **a heart-rate monitor**

Many of the above suggestions are not limited to friends or relatives who already work out or play sports on a regular basis. If the person you are giving the gift to is just getting started on a new fitness program, we can help design a routine that incorporates your new gift and provides safe, healthy workouts for the months ahead.