HEALTH FOR THE HOLIDAYS
GIFTS FROM THE HEART

Looking for the perfect gift for someone special? Consider these gifts from the heart...

Heart-Healthy Gifts
- Workout clothes
- Tuition for a healthy cooking class
- Coupon for a personal training session or fitness assessment
- Gift certificate for new exercise shoes
- Collection of recipe cards with your favorite healthy recipe
- Relaxation CD
- Tandem bicycle
- Cookie jar full of healthy holiday cookies
- Fitness walking playlist
- Package of holiday-shaped pastas
- Sports equipment
- Homemade canned vegetables or soups
- Skiing or skating lessons
- Subscription to a healthy cooking or fitness magazine
- Exercise video tape
- Fitness center membership
- Subscription to a fruit-of-the-month club
- Gift certificate for a diet analysis by a registered dietitian
- Low-fat cookbook

Heart-Felt Gifts
- The beginnings of a collection
- A fancy picture frame with a favorite photo of both of you
- Tickets to a social event
- Prepaid tuition to a community class
- A video of family and friends to someone far away
- A collection of favorite poems
- A poem, song, or story written especially for them
- A sketch, painting, or photo of a memorable event
- "Good for" coupons that promise personal services (babysitting, car wash, etc.)
- Donation to their favorite charity in their name
- “Get-away weekend”
- Holiday craft
- Favorite holiday movie on video
- Digital picture frame with family photos