



Shape-Up Segment

Festive Fitness Gifts

December 19th, 2011

Not sure how to stay active over the holidays and throughout the cold winter months?

There are so many fabulous, fit and festive options for gifts to inspire the entire family! Make THIS your season to give the gift of motivation and health to help everyone accomplish their New Year's Resolutions in style.

What you saw on the show today...

Lululemon – Women's	
Swiftly long Sleeve \$68.00	<ul style="list-style-type: none"> thumb-holed light-weight running shirt or base seamless and flat seamed to reduce chafing
Around Short \$68	<ul style="list-style-type: none"> 5" inseam with no liner so perfect for layering over tights reverse reflective for low light
Stay on Course Tight \$88.00	<ul style="list-style-type: none"> super high rise thermal running tights made from super soft and breathable tech fleece for muscle support and moisture control 360 degree reflective details for low-light visibility
Stay on Course Tank \$52.00	<ul style="list-style-type: none"> designed to fit over a full support bra light-weight luxtreme fabric for wicking and performance secure pockets for keys, cards and music
Yoga – No Limits Tank \$68.00	<ul style="list-style-type: none"> thin straps and racer back allow you to twist with ease circle mesh and mesh panel placed for functional moisture wicking
Yoga – Wunder Under Pant! \$78	<ul style="list-style-type: none"> stash cards in the hidden waistband pocket diamond gusset for functional coverage and chafe-resistant flat seams
Reflection Wrap \$138	<ul style="list-style-type: none"> cozy and light weight, fully reversible sweater wrap Boolux lends rayon from bamboo with tencel and cashmere make it soft and warm Great for heading out after yoga or the gym or for chic casual wear
Define Jacket \$108.00	<ul style="list-style-type: none"> from hiking to hitting the slopes or the gym, the signature cotton-feel luon fabric pre-shrunk and fitted with front zip pockets and cuffs with thumb holes
Special Edition Scuba Hoodie \$168.00	<ul style="list-style-type: none"> cozy layered design perfect from studio to ski hills and everywhere between large, deep hood and high scuba collar for warm with removable fur trim for easy wash and an alternate look
Cuddle Up Jacket \$118.00	<ul style="list-style-type: none"> thick, warm cotton fleece pre-shrunk with stretch side panels for perfect fit high scuba collar and thumb holes for extra warmth

Libby Norris, Canada AM Fitness Expert

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watch for weekly fit tips & 1-minute fitness videos online, January 28th 2012

Lululemon – accessories & kids	
No Show Socks \$14.00	<ul style="list-style-type: none"> • don't show above your sock AND they don't slip
Game on Boxer Brief \$24.00	<ul style="list-style-type: none"> • COOLMAX fabric that wicks moisture and with LYCRA to keep its shape • pre-shrunk and with flat-seam for chafe-resistant wearing
Toasty Mitts - \$42.00 & Toque - \$42.00	<ul style="list-style-type: none"> • super chunky Merino wool blend with Sherpa linings to keep your hands toasty warm
Gym Essentials Kit \$48.00	<ul style="list-style-type: none"> • travel case for toiletries and more with removable pocket
Travel Pooch - \$58.00	<ul style="list-style-type: none"> • with a built-in Sherpa lined hand warmer – great for walking the dog in the winter! • adjustable waist strap with secured front zip pocket for keys, cell phone, etc.
Hickey Hider \$68.00	<ul style="list-style-type: none"> • continuous scarf that wraps around the head and neck • Merino wool
DTB Duffel - \$78	<ul style="list-style-type: none"> • so small but so functional with pockets and places for all your daily essentials • water resistant and is tested to hold up to 50 lbs.
KIDS Barre Body Suit - \$48.00	<ul style="list-style-type: none"> • leg gripper elastic, 4-way stretch made from light-weight, wicking fabric • Cuter than cute for any tiny dancer and even cuter with <ul style="list-style-type: none"> - Tutu Cool - \$48.00 - En Pointe Wrap - \$52.00 - En Pointe Leg Warmers - \$22.00

Lululemon – men's	
Kung Fu Jacket \$118.00	<ul style="list-style-type: none"> • stretch wicking with signature 4-way stretch cotton-feel luon fabric • breathable, athletic fit with secure chest pockets for electronics
Metal Vent Tech Long Sleeve \$72.00	<ul style="list-style-type: none"> • light weight seamless performance top with mesh venting in high sweat areas • body-mapped, anti-stink silverescent mesh with x-static for airflow (inhibits the growth of bacteria)
Bolt Tech Short Sleeve \$64.00	<ul style="list-style-type: none"> • Light as mesh performance tech for gym, running and cross-training • knitted silverescent fabric with x-static for wicking and avoiding odors
Response Short \$64.00	<ul style="list-style-type: none"> • 9" light weight shell with built-in liner with COOLMAX fabric for wicking • mesh paneling for added ventilation

ADIDAS – Women's	
adiZero Feather Running Flat \$140.00	<ul style="list-style-type: none"> • amazing light and affordable high end racing flat with brand new midsole and an engineered mesh with a TPU frame • adiTUFF for anti-abrasion; adiPRENE to maintain propulsion and under heel for superior cushioning; adiWEAR 6 outsole offering high-wear durability
Supernova Hooded Short Sleeve Top \$50	<ul style="list-style-type: none"> • great for runs and events that start cold and end warmer as it has removable arm sleeves that make this top go from long to short sleeved • features ClimaCool technology to keep athletes drier and cooler
adiZero Feather Lite Fill Jacket \$130.00	<ul style="list-style-type: none"> •

ADIDAS – Men’s	
Supernova adiViz Jacket \$100.00	<ul style="list-style-type: none"> • ultimate in design for night time running featuring innovative Luminescent piping • sit under lights to charge for 2 hours on outdoor glow in the dark safety • mirrored reflectivity that reflects light from all directions
Techfit Powerweb Seasonal Tee \$90	<ul style="list-style-type: none"> • provide high compression to maximize power and endurance • CLIMACOOOL ventilation to keep you comfortable and cool and FORMOTION technology that support natural movement

ADIDAS – Equipment & Accessories	
Euro 2012 Top Replique Ball \$30	<ul style="list-style-type: none"> • FIFA-inspected soccer ball features seamless surface for better touch and lower water uptake • butyl bladder for best in air retention
Euro Official Match Ball \$150.00	<ul style="list-style-type: none"> • the very ball that will be on the pitch when the European soccer championship is crowned • highest-quality materials that got the highest FIFA rating
miCoach Pacer \$170	<ul style="list-style-type: none"> • use to track, train and motivate this is your personal trainer in your pocket • download workouts, set your pace, check your heart rate and MORE!
Stella McCartney Fashion and function	<ul style="list-style-type: none"> • Carry-on Bag - \$140.00 • Ski gloves - \$ • Hat - \$50 • Neck Warmer - \$70

Equipment & Accessories	
Bender Balls \$20.00	<ul style="list-style-type: none"> • the right size and fit for working core and more safely and effectively • available at www.benderball.ca
Gliders \$20.00	<ul style="list-style-type: none"> • Gliding discs made for carpet or floor that add stability to 101 exercises • available at www.fmgonline.net or www.benderball.ca
Bands \$10.00-\$25.00	<ul style="list-style-type: none"> • resistance bands that are great for a total body safe and effective workout • available at most fitness stores and department stores with sporting goods
Fit Deck \$20.00-\$30.00	<ul style="list-style-type: none"> • creative and functional ideas for fitness for ANY purpose – including kids, office, yoga, body weight, TRX • when you aren’t sure what to do, FitDecks make it simple and fun! • available at www.fmgonline.net or www.benderball.ca
Pilates Balls \$10.00-\$20.00	<ul style="list-style-type: none"> • light weights balls that fit comfortably in your hand and great to add for Yoga, Pilates or doing simple movements at home • available at most fitness stores and often at Winners or Homesense
DVD Programs \$25.00-\$150.00	<ul style="list-style-type: none"> • great options for home workouts for all styles and fitness levels • Some good ones to check out – P90X, Insanity, The Firm Series, Jillian Michaels and, of course my favourite, Chalene Johnson’s Turbo Jam and Turbo FIRE • available at many retail outlets including fitness stores and COSTCO
BOSU Ball \$150.00	<ul style="list-style-type: none"> • great home equipment option as it can be used for core, as a bench and for your cardio
TRX \$175	<ul style="list-style-type: none"> • turns your house, a park or your garage into a total home gym using principles of stability and gravity using your body and the straps for countless exercises
Snow Shoes \$50.00-\$500.00	<ul style="list-style-type: none"> • great as a family activity that’s easy and accessible on any winter day • available at sports store and many departments stores in a variety of price ranges for the whole family