



# Shape-Up Segment

## Festive Fitness Gifts

Still struggling with last-minute gift ideas? There are so many great options to give the gift of health and fitness and inspire anyone on your shopping list. I've made it even easier by breaking it down into categories for you with price points and ideas for all ages and fitness levels.

Make THIS holiday a healthy, active family affair!

### Clothing

This is always a big hit and not just for the females on your list. Fitness clothes have also crossed over into everyday living so splurging on something a bit higher tech or fashion does give you more workouts and wear for your dollar.

#### **Jackets – \$35+**

Colour is huge, but function is everything. You'll see high-tech fabrics that wick away moisture, reduce chafing, are reflective and even glow in the dark!

#### **Tops – \$20-\$90**

As with jackets, tops come in all kinds of colours, fit and function. Look for some of the following features

- moisture wicking
- mesh panels and/or breathability
- support – both for bra support but all compression for muscle support

#### **Pants – \$25-\$150**

Buyer beware! There are so many options and functions for pants from yoga, dance to outdoor thermal wear all coming in various lengths and colours. Some key features to have in mind before you hit the shop”

- know the function – is it for running, for Yoga, for the gym or an everywhere pant
- know the fit and length – flair, tight, crop, long
- know the colour – but if in doubt, you can NEVER have enough black tights!

#### **Shoes - \$60-\$200+**

These are honestly tough to purchase for someone else so you may want to opt for a certificate unless you know their brand and size. But a certificate will get you a huge hug with appreciation!

#### **Bags - \$35+**

Bags are always functional and now they can be high-fashion as well. The perfect bag with pockets and compartments for all your favourite fitness items makes packing for



the gym a pleasure. They're available in a broad range of prices and styles to suit anyone on your list and never go a-stray.

**For Kids** – this runs in a full range of pricing and options

Kids athletic clothes are leaping far beyond the basic cotton T and shorts. Most companies now are building their high tech components into kids clothes. This may seem over-the-top, however, if kids are more comfortable and feel like their favourite sports star, I'm all for any motivation to get kids more active and involved!

## **Fitness Equipment**

There are now so many great portable fitness tools trainers use in and outside of a gym, no longer does home equipment refer to a rickety old stationary bike that ends up holding your laundry. Try some of the following:

**DVD programs** - \$20 for single DVD's - \$150 for full packages

Home workout DVD's have improved so much over the years moving from celebrities doing fitness to actual fitness professionals with programs that are created and instructed more thoroughly. Some of the popular picks:

- P90X and Insanity – for the already fit and the fit at heart
- Zumba – popular but limited with DVD, so you may need to add to these
- Turbo Jam/Fire – my favourite with Chalene Johnson
- The Firm – an updated series that offers some good instruction and options for beginner to intermediate
- Jillian Michaels – has a lot of good instruction for starting weight training

**BOSU ball** - \$150

This half-ball looking tool is really a great home equipment option as it's a multi-functional for core, as a bench and for cardio. You may need some help with ideas but you can find lots of books, videos and trainers to help with that.

**TRX** – \$175

Another great option for home training. It will take more time to get comfortable and it would be well-worth having a trainer take you through the basics to stay safe and get the full function but it can be really great for all fitness levels.

**Snow shoes** - \$50-\$500

What a great winter option. It's easy and accessible and not driving or waiting for the ski lift!



### **Nordic Poles - \$90-\$150**

For the walking enthusiasts on your list, urban poling adds intensity, safety and variety for walking workouts and can be used in the city or on trails.

### **Packages - \$50+**

Why not get someone started in the gym or on the slopes with a package to start up or update.

- Fitness training – home or gym personal training
- Pilates – one-on-one home Pilates to really target technique
- Skiing/boarding – to start or add to their season
- Indoor climbing – a fun break from the snow
- Dance classes – there's
- Yoga classes – there are lots of studios that offer drop in packages

## **Fitness Tech Gifts**

Combine your tech ideas with fitness for gadgets that can get you moving and motivated throughout the holiday season and beyond!

### **microach** – ADIDAS fitness trainer

This is like a personal trainer in your pocket. It sets your workouts, tracks your workouts and you can download all your data onto your computer.

### **Active video games**

Any kind of video game that gets your kids (of all ages) moving more is a great idea when you can't fight city hall! Meet them where they are with the controllers, but get them active at the same time.

### **mp3 player**

Always a great idea, but add a personal touch and give the player loaded with some of their favourite songs to motivate them through their workouts!

## **Stocking Stuffers & Accessories**

Here are some amazing ideas for stocking stuffers and for those gifts with limits that you might struggle with. These are always appreciated and never end up in the closet full of scented candles for re-gifting!

This list of ideas takes you from \$5-25 for quick gifts that are fun, fit and motivating!

- socks – VERY high tech and functional
- arm warmers – a huge hit with runners
- leg warmers – yes...they're back!
- headbands – the cool ones vs. the 80's braided bands!



- hats – high tech too with spots for your pony tail!
- mitts – lots of options with light and high tech fabrics
- basketballs
- baseball gloves
- soccer ball – THE OFFICIAL FIFA ONE JUST RELEASED!
- equipment for a kids favourite sport or activity!
- Bender Balls
- Gliders
- FitDecks
- resistance bands
- water bottles

With this many ideas, you and your loved ones can be fit and active for the festive season and beyond!

Watch for ways we'll be helping you stay active and inspired as you head into the New Year. We'll be giving you tips for making and keeping your resolutions along with more DVD reviews, weekly fit tips and video clips available soon on [www.libbynorris.com](http://www.libbynorris.com)