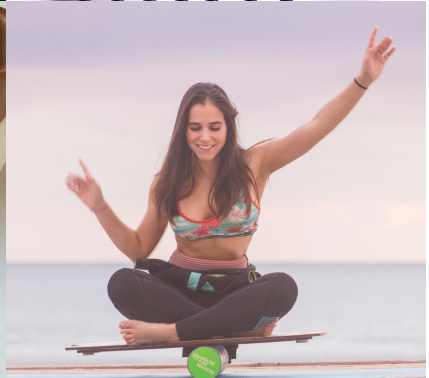
healthy holiday gift guide

Healthy gifts for everyone on your holiday list!



Not sure what to gift your favorite wellness enthusiasts?

Or maybe you're not sure what YOU want this year to help boost your fitness or wellness to the next level.

Either way, this guide is packed with great ideas, fun finds, and little extras that will help take anyone's wellness journey to the next level.

And if you're looking for a special gift with a more personal touch, we've also got a full range of gift certificate ideas to create for you.

We appreciate you and your support and hope you have a happy and healthy holiday!

Stocking Stuffers

Surprise your friends, Secret Santa recipients and family with these fun-sized gifts.

POSITIVITY CARDS

Motivational card decks are growing in popularity because they offer a daily dose of inspiration and positivity.

Check out Gabby Bernstein's decks, which offer mottos like "Joy is the Ultimate Creator," or Louise Hay's classic Power Thought Cards!

HAIR GOALS

HAIR RINGS

The struggle is real when it comes to quality ponytail (and bun!) holders that can stand up to a workout.

A pack of sturdy hair holders like the invisibobble POWER rings is guaranteed to be hit.

DRY SHAMPOO

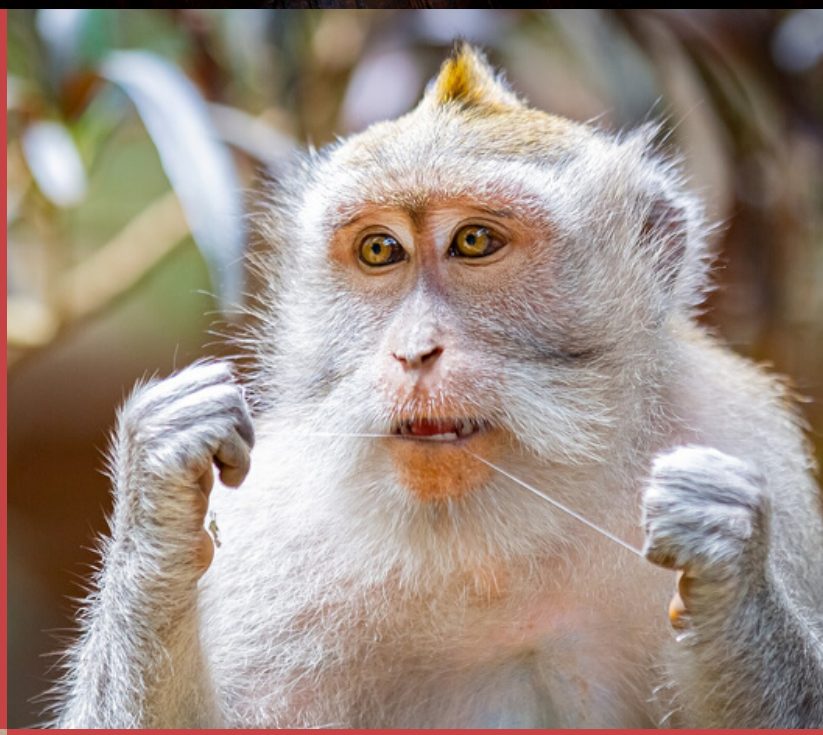
Because who has the time or energy to shampoo & dry hair after every workout?

YOGA/MALA BEADS

Make their meditation practice even more focused with a necklace or bracelet.

UPGRADED DENTAL FLOSS

New flosses like those from Cocofloss come in refreshing flavors (strawberry, orange, coconut) and are coated with good-for-you coconut oil, which not only helps them slide between your teeth, but also contain natural antimicrobial properties.



SHAVE CLUB SUBSCRIPTION

Slip a gift card for a shave club subscription service into a stocking or envelope and your gift-ee won't have to worry about running out of razors again!

SOCKS, BUT BETTER

Yoga socks, wool socks, leg warmers – there are so many amazing footwear possibilities to take care of their feet.

Tip: Check out "breathable" grippy-soled socks for extra help staying in place during barre and yoga classes.

FOR PICTURE LOVERS ...

Boost their photo game with a lens for their phone's camera.

The easy-to-use lenses offer affordable ways to change up the angles for both videos and photos.

WIRELESS HEADPHONES

Check out the latest innovations in sweat-proof wireless headphones, which are becoming even more affordable.

Fitness Gear

There's nothing like some fresh, new equipment to add variety to their routine.

KETTLEBELL

Kettlebells are a great all-in-one piece of fitness equipment because they help strengthen muscles, boost cardio, and improve flexibility.

BALANCE TOOLS

Improve their balance with a wobble board, BOSU trainer, or balance disks.
In the process, they'll also strengthen key stability muscles to help keep them upright.

YOGA MAT & BLOCK

Get your favorite yoga fan a sturdy & cushiony new mat that will keep their limbs in place during practice. Add a yoga block to help them master challenging new poses.

SUSPENSION TRAINER

A suspension trainer (like those sold by TRX) is almost a complete gym-in-a-bag.

Set it up and strengthen every muscle in the body, and get a great core workout in the process.

JUMP ROPE

This is a fun gift to help them mix up their cardio workouts.

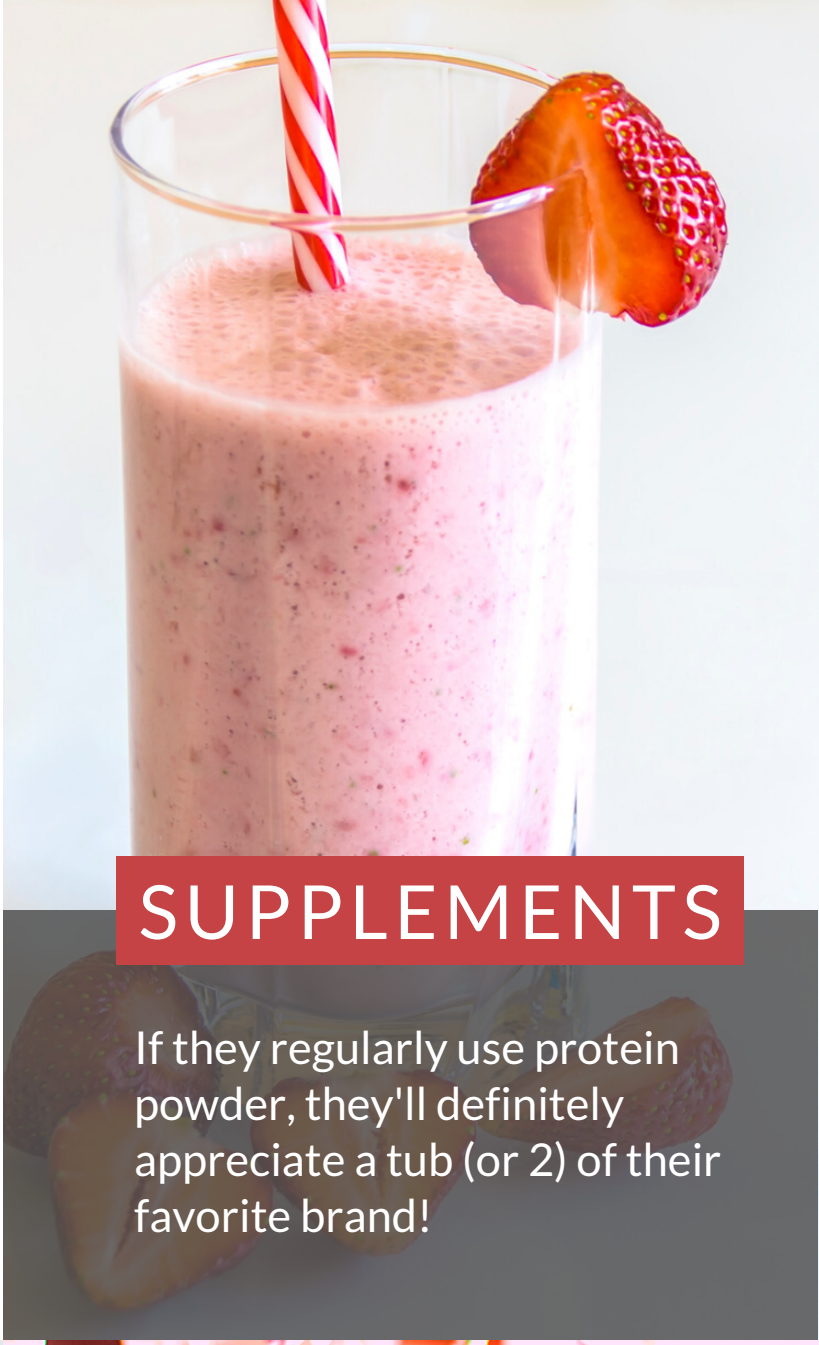
Once they master the art of jumping, it's a low-impact, do-anywhere workout that will get their heart pumping!

BOXING GLOVES & BAG

Boxing is a triple-threat workout: it helps relieve stress, work the upper body and core, *and* it provides an amazing cardiovascular workout.

Wellness Gifts

Help them sleep better, destress, and gain more energy with these thoughtful gifts.



SUPPLEMENTS

If they regularly use protein powder, they'll definitely appreciate a tub (or 2) of their favorite brand!

BLUE BLOCKERS

Science shows that the blue light from phones, TVs, tablets, and LED lights can impact on your health, making it more difficult to fall asleep and/or stay asleep. Blue-blocking glasses can help filter out the harmful rays.

COLORING BOOK

Simple acts like coloring that tap into your creativity can help you slow down and destress.

There are literally thousands of "adult" coloring books on the market with complex designs.

ACTIVITY TRACKER

Help them take their fitness to the next level with an activity tracker to monitor their workouts and daily activity.

Popular brands include FitBit, Garmin, Oura, Whoop, Apple, Samsung, and Polar.

ESSENTIAL OILS & DIFFUSER

Essential oils not only help their home smell great, but are believed to help with relaxation, boosting energy, and even improving memory.

OUTDOOR SHOWER

Have an outdoors enthusiast on your list?

A packable, portable outdoor shower like the Nemo Helio Portable Pressure Shower will make their next expedition even more refreshing.

Recovery & Mindfulness Tools

Soothe their sore muscles, boost their brain power, and help them feel great with these gift options.

MASSAGE GUN

Get a great DIY massage at home with the LifePro Massage Gun.

It helps target sore muscles for pain-free movement.

5-MINUTE JOURNAL

Because there's nothing like a fresh journal to document their journey while working towards their New Year's Goals.

PORTABLE SPEAKER

A Bluetooth speaker makes a great sound machine during meditation practice.

FOAM ROLLER

Foam rolling is a type of self-massage believed to break up muscle adhesions, reducing soreness and improving flexibility.

It can be done on its own, or before or after a workout.

ACUPRESSURE MAT

These mats are actually a "bed of needles" with thousands of little plastic fingers designed to stimulate acupressure points.

Many people report less pain, more energy, and improved recovery with regular use.

MEDITATION PILLOW

Don't let an uncomfortable floor interfere with getting into the meditative "zone."

A comfy pillow can make all the difference.

Food & Drink

Make their life easier (and tastier) with these in-the-box gift ideas.

SUBSCRIPTION BOX

Give them a gift card to test drive a subscription box.
Check out Daily Harvest, Hungryroot, Trifecta, or Butcher Box ... there are boxes for literally every way of eating (and don't forget the Chewy box for pets)!

TEA TRENDS

Healthy "superfood" mushroom tea sets are a fun & different choice.

Check out chaga, reishi, and lion's mane.

BOX OF BARS

Pack up a box of healthy whole-food bars for their next grab-and-go snack.

OUR WISH FOR YOU

A HAPPY, HEALTHY, AND FIT LIFE!

We're here to help you with all your health and fitness goals. For a limited time, I have an offer for that special man or woman in your life 60+, who want to live longer & better by reducing joint pain, improving balance, & getting stronger in the New Year & fit the criteria below:

✅ Want a program that understands the specific needs of men and women 60+
✅ Looking to extend the length & quality of your life
✅ Tired of not having the energy to enjoy your favorite activities
✅ Want to improve your balance & flexibility
✅ Ready to invest in training & nutrition coaching to live longer & better
✅ Willing to work out a few times per week at our private studio in Corpus Christi with other people just like you!

➡ CLICK HERE ***https://bit.ly/2PkhAOK*** TO GET ALL THE INFO ON MY NEWEST LONGEVITY & STRENGTH PROGRAM FOR MEN & WOMEN 60+ ⬅
{Serious inquiries only. < 8 spots available} I would be honored to be part of your wellness journey!

www.ypbtrainingstudio.com