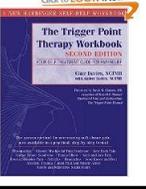


Fitness Gift Ideas

Item	Why it is a good gift	Where to get	Price	
Tiger Tail	Improves flexibility, recovery, performance, injury prevention, injury therapy	http://www.amazon.com/Original-Tiger-Tail-Massage-Portable/dp/B000FE82QU/ref=sr_1_1?s=hpc&ie=UTF8&qid=1448837455&sr=1-1&keywords=tiger+tail	\$29.95	
Foam Roller	loosens tight muscles and helps prevent injuries; it's a great tool after any workout. Plus the roller's small size makes it easy to store.	erPoint%C2%A0GRID%C2%A0Foam-Roller-Instructional-Original-13-inch/dp/B0040EGNIU/ref=sr_1_1?s=exercise-and-	\$25-\$55	
LaCrosse Ball in a sock	Good way to pinpoint harder to reach areas.	http://www.amazon.com/Lacrosse-Balls-Deep-Tissue-Massage/dp/B00NF1FJA2/ref=sr_1_5?s=hpc&ie=UTF8&qid=1448837680&sr=1-	\$8.99	
Super Gripper	Excellent for Hand Grip. Excellent for Hand Strength. Excellent for Forearm Exercise. Strength for Hands Grip and Forearm. Grip more and lift more.	ko-Super-Gripper/dp/B0037AWU6M/ref=sr_1_cc_4?s=aps&ie=UTF8&qid=1448837755&sr=1-4-catcorr&keywords=supergripper	\$36.00	
Super Band(s)	Effective for both upper and lower body training. Superbands are extra-strong, long resistance bands designed for heavy duty use.	http://www.performbetter.com/webapp/wcs/stores/servlet/Product_1_10151_10752_1003889_-1	\$7.99-56	
Arnica Gel	Fast Pain Relief of Sore Muscles, Swelling, Stiffness & Bruising	http://www.amazon.com/Boiron-Arnica-Gel-2-6-gel/dp/B000LD529K	\$9.69	
Crockpot	Slow cooker has removable stoneware and a rinse-clean coating for easy clean-up. The tempered glass lid allows you to easily check on your cooking, while the slow cooker offers two heat settings.	tor-Silex-33043-4-Quart-Slow-Cooker/dp/B004O07LRC/ref=sr_1_6?s=home-garden&ie=UTF8&qid=1448837857&sr=1-6&keywords=crock+pot	\$25.00	
The Trigger Point Therapy Workbook	alternative health practitioners are all beginning to use this technique to relieve the pain of individuals suffering from undiagnosable soft tissue pain—a condition that studies have shown to be the cause of nearly 25 percent of all doctor visits.	www.amazon.com	\$15.61	

Fitness Gift Ideas

VooDoo Floss	<p>Great for compressing muscles and working out the kinks.</p>	<p>http://www.amazon.com/Serious-Steel-Mobility-Recovery-Compression/dp/B00LI8S76W/ref=sr_1_3?ie=UTF8&qid=1448837995&sr=8-3&keywords=voodoo+floss</p>		
Activewear wrap	<p>The ActiveWrap back model features extreme comfort, fit and adjustability. Compatible with recharge kit (extra set of 2 hot/cold packs) for hours of continuous relief.</p>	<p>www.triathlonplus.com</p>	<p>\$40.00</p>	
Toe Flexor	<p>Reduction of tightness and strain to toe and forefoot area. May alleviate conditions of bunions and metatarsalgia.</p>	<p>www.triathlonplus.com</p>	<p>\$8.95</p>	
Foot log	<p>It is specifically created to help with the rigid jarring out feet experience each day. The Foot Log is made of a soft, flexible material which is lightweight and</p>	<p>http://www.amazon.com/Foot-Massager-Relieves-Stress-Minutes/dp/B00D21SFNI/ref=sr_1_2?ie=UTF8&qid=1448838295&sr=8-2&keywords=footlog</p>	<p>\$19.95</p>	
Yoga Toes	<p>Improve and prevent foot problems by stretching and aligning your toes.</p>	<p>www.amazon.com</p>	<p>\$32.00</p>	
Mini Food Processor	<p>This food processor is ideal for small food preparation, from chopping herbs or bread crumbs, to finely grinding hard cheese.</p>	<p>www.bedbathandbeyond.com</p>	<p>\$39.99</p>	
Oggi™ Stainless Steel Composter for kitchen	<p>earth-friendly compost pail makes organic recycling easy</p>	<p>www.bedbathandbeyond.com</p>	<p>\$29.99</p>	
Hamilton Beach Single Serve Blender With Travel Lid	<p>you can blend shakes in the morning and take them with you</p>	<p>www.walmart.com</p>	<p>\$15.92</p>	

Fitness Gift Ideas

<p>George Forman</p>	<p>grills meat fast and drains while cooking</p>	<p>www.walmart.com</p>	<p>\$18.88</p>	
<p>Aroma 3-Cup Rice Cooker</p>	<p>so easy to use, good side dish</p>	<p>www.walmart.com</p>	<p>\$12.00</p>	
<p>Gift Certificate to My Fit Foods</p>	<p>Premade food with portions and calories figured out for you.</p>	<p>www.myfitfoods.com</p>		
<p>to Academy/Sports Authority</p>	<p>Great for sport or fitness supplies and accessories.</p>	<p>www.academy.com</p>		
<p>Gift Certificate to Whole Foods</p>	<p>Great organic food.</p>	<p>www.wholefoodsmarket.com</p>		
<p>Elite Rings</p>	<p>Includes two lightweight rings made from durable Lexan and two 16 foot adjustable straps. They secure easily to any bar, beam, power rack or even a tree.</p>	<p>http://www.performbetter.com/</p>	<p>\$84.95</p>	
<p>Abmat</p>	<p>Strong abs go hand-in-hand with a strong back. Get total trunk protection with the ultimate core trainer, the Body Core AbMat Abdominal Product.</p>	<p>http://www.amazon.com/AbMat-Original-Abdominal-Complete-Workouts/dp/B005DROBK0/ref=sr_1_1?ie=UTF8&qid=1448838495&sr=8-1&keywords=abmat</p>	<p>\$55.71</p>	