





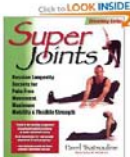
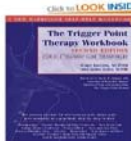











Wellness Gift Ideas

Item	Why it is a good gift	Where to get	Price	
The Stick 17"	Improves flexibility, recovery, performance, injury prevention, injury therapy	http://www.performbetter.com/detail.aspx?ID=4404	27.5	
Foam Roller	Use round rollers for stability exercises and myofascial release and alignment and half round rollers for balance and stabilization	http://www.performbetter.com/detail.aspx?ID=5183	16.95	
LaCrosse Ball in a sock	Good way to pinpoint harder to reach areas.	http://www.sportsauthority.com/product/index.jsp?productId=2483075	2.99	
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.	www.prowriststraps.com	29.95	
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/detail.aspx?Q_ID_E_3889_A_rnd_E_23	10.95	
Ball	Improves proprioception, balance and stability. Helps develop the core body muscles by forcing the body to respond to the the instability of the ball.	http://www.performbetter.com/detail.aspx?ID=3538	26.95	
Armory	Armory was designed to be used all the way to muscle fatigue <i>without</i> annoying interruption.	http://www.flexcart.com/members/elitefts/default.asp?m=PD&cid=223&pid=1099	29.95	
Arnica Gel	Fast Pain Relief of Sore Muscles, Swelling, Stiffness & Bruising	http://www.amazon.com/Boiron-Arnica-Gel-2-6-gel/dp/B000LD529K	\$8	
Crockpot	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.	http://www.bedbathandbeyond.com/product.asp?SKU=16970085	19.99	
Bluewave Water Jug - "DAILY 8" 1.9 Liter (64 oz) - Natural Blue	Allows you to get you water quota for the day	http://www.amazon.com/Bluewave-Water-Jug-DAILY-Natural/dp/B000GEDUDY/ref=sr_1_3?ie=UTF8&s=sporting-goods&qid=1288882924&sr=8-3-spell	6.99	









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Heart Rate Monitor	<p>Is a good way to gauge the effectiveness of your workout because as you strengthen your body through exercise, you also strengthen your heart.</p>	http://www.walmart.com/catalog/product.do?product_id=11996059	<p>54</p>	
Pedometer	<p>Keeps track of the steps taken throughout the day!</p>	http://www.walmart.com/catalog/product.do?product_id=3294308	<p>29.77</p>	
MT's Yoga DVD	<p>Become more flexible and strengthen your muscles!</p>	<p>Ask MT or Jennifer Daniel</p>	<p>\$20.00</p>	
Ball (like Bender Ball)	<p>Great Core workout</p>	<p>www.power-systems.com</p>	<p>\$7 - \$21.95</p>	
Sports Watch w/ Stop Watch	<p>Water Resistant up to 100 Meters.100 Hour Chronograph Stopwatch99 Lap Counter with 50 Lap Recall.</p>	<p>www.academy.com</p>	<p>44.99</p>	
BOSU Sport	<p>Core, Agility, Balance</p>	<p>www.walgreens.com</p>	<p>\$59.99</p>	
Henderson's Tai Chi DVD	<p>Your passport to better health, fitness, peace of mind and so much more, as your mind and body work in harmony for superb results.</p>	<p>Henderson or JD</p>	<p>20</p>	
Super Joints	<p>Russian Longevity Secrets for Pain-Free Movement, Maximum Mobility and Flexible Strength</p>	<p>www.amazon.com</p>	<p>23.07</p>	
The Trigger Point Therapy Workbook	<p>Medical doctors, chiropractors, and 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.</p>	<p>www.amazon.com</p>	<p>14.37</p>	


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J Fit Stretch Strap	<p>Stretch strap made of durable nylon strapping this wonderful tool allows for unassisted stretching that allows you to pull the muscle through the full range of motion. Easily packed in a gym bag use at the end of a workout or cardio routine while</p>	www.walmart.com	<p>11.99</p>	
Chinese mediation balls	<p>Baoding balls are usually used for exercise and meditation, but are also good when employed for medical reasons. To use them for exercise, place two Baoding balls within your palm</p>	www.baodingballs.com	<p>7.95</p>	
Garlic Press	<p>Eco-friendly product derived from a natural renewable resource. Made from a special combination of 70% plant material and 30% traditional plastic, it easily presses garlic and shallots while using less fossil fuels and conserving oil consumption.</p>	http://www.bedbathandbeyond.com/product.asp?SKU=14462902	<p>14.99</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>	www.triathlonplus.com	<p>40</p>	
Toe Flexor	<p>Reduction of tightness and strain to toe and forefoot area. May alleviate conditions of bunions and metatarsalgia.</p>	www.triathlonplus.com	<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>	www.footlog.com	<p>19.95</p>	
Yoga Toes	<p>Improve and prevent foot problems by stretching and aligning your toes.</p>	www.amazon.com	<p>32</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>	www.bedbathandbeyond.com	<p>39.99</p>	
Stainless Steel Food Scale	<p>Digital scale has a large LCD display to easily read weight display. It can measure up to 7 pounds with fine readouts of 1/8 ounce precision.</p>	www.bedbathandbeyond.com	<p>29.99</p>	



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Oggi™ Stainless Steel Composter for kitchen	earth-friendly compost pail makes organic recycling easy	www.bedbathandbeyond.com	29.99	
Compact Emergency Radio	This hand crank emergency flashlight is perfect for camping, tailgating or in case of emergency power outages. No batteries are needed, just crank the handle and produce your own power, enough to power the FM Radio with Weather band or the built-in LED flashlight.	http://www.homedepot.com/h_d1/N-5yc1vZ1xg6/R-100660528/h_d2/ProductDisplay?langId=-1&storeId=10051&catalogId=10053	15.96	
Hamilton Beach Single Serve Blender With Travel Lid	you can blend shakes in the morning and take them with you	www.walmart.com	\$15.88	
George Forman	grills meat fast and drains while cooking	www.walmart.com	15	
Aroma 3-Cup Rice Cooker	so easy to use, good side dish	www.walmart.com	15.84	
Glider Discs	Shrink your waist! Shrink your buns! Shrink the fat away with the easiest, most fun new workout!	www.glidingdiscs.com/	22.98	
Iron Gym	2 additional grip positions than the original Iron Gym Workout Bar; Professional grade foam grips	www.academy.com	39.99	
Kettlebell	Helps develop total body strength, power, and endurance; Kettlebells work the body across a wide range of angles	www.performbetter.com	34.95	

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<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>Gift Certificate 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>Head Trip Massager</p>	<p>Give yourself the ultimate head massage. Arrange the fingers of this massager into a semi-circle and you can even give yourself a back massage. Also great for tired and stressed out feet.</p>	<p>www.bedbathandbeyond.com</p>	<p>9.99</p>	
<p>The Sonoma Diet Book - Guttersen</p>	<p>The Sonoma Diet is designed for real people who live in the real world. No time-consuming calorie-counting at each meal. No need to keep track of any points. No measuring. No weighing. Just a great selection of flavorful, everyday foods, easy-to-follow diet instructions, and plenty of mouthwatering recipes.</p>	<p>www.amazon.com</p>	<p>7.04</p>	
<p>The New Vegetarian Grill Book - Chesman</p>	<p>It's filled with an incredible variety of fast and easy vegetarian dishes ideal for gas grills, charcoal grills--even an open campfire grill--including appetizers and soups, fresh salads, sandwiches and burgers, tasty wraps, pizza and flatbreads, flame-kissed pasta, juicy kabobs, and grilled desserts.</p>	<p>www.amazon.com</p>	<p>11.53</p>	
<p>Lazy About Grilling book - Hahn</p>	<p>Along with time-saving shortcuts and over 100 delicious recipes, this cookbook lists and describes the most low-maintenance grills on the market as well as the tools and accessories needed.</p>	<p>www.amazon.com</p>	<p>8.5</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>www.performbetter.com</p>	<p>71.95</p>	

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Abmat	<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>www.home-gym-direct.com</p>	<p>34</p>	
GoWear Fit	<p>GoWear Fit helps you keep track of total calories burned, total steps taken, total time spent in physical activity, and sleep duration and efficiency.</p>	<p>http://www.bodymedia.com/Sho</p>	<p>189.95</p>	
Electronic Muscle Massager	<p>This massager soothes the ache, relieves the stiffness and improves healthy blood circulation. Other uses for the massager include physical therapy, chronic nerve pain relief, and atrophy rehabilitation.</p>	<p>Electronic Muscle Massager</p>	<p>28.95</p>	