



Health Yourself Byte



HOLIDAY GIFTS THAT KEEP ON GIVING . . .

If you're looking for a few last minute holiday gifts that can also lead to better physical and mental health . . . try these:

1. **JUMP ROPE:** The American Council on Exercise (ACE) recommends a jump rope for kids and fit adults. A 30 minute session at moderate speed can assist a 130 pound person to burn 250 calories.
2. **HEART RATE MONITOR:** You can find these for around \$50.00, although some are more expensive. These are great for people just starting to exercise regularly. Getting up to 70-80% of your maximum heart rate is great for fat burning.
3. **PEDOMETER:** This tool can keep you be mindful of how much you REALLY are moving.
4. **RESISTANCE BANDS:** Color-coded by the resistance they provide, these bands can be a great stocking stuffer. Make sure that you include an instruction book or DVD!!!
5. **STATIONARY FRAME FOR YOUR ROAD BIKE:** For around \$50.00, this tool can make your outdoor bike into an indoor exercise bike.
6. **EXERCISE DVD's.**
7. **STARTER LESSONS IN YOGA, PILATES, KARATE, SWIMMING OR BOXING.**
8. **YOGA MAT or STABILITY BALL.**
9. **ASSORTED BALLS:** Kids and adults can benefit from a volleyball and net, basketball, etc.
10. **DOUBLE-SIDED COUNTERTOP GRILL:** These grills help everyone to eat meat and veggies prepared in a healthier way and they are simple to use. You might also think about purchasing *Cooking Healthy with the Kids in Mind, BY JoAnna M. Lund*. Kids can use these types of grills if properly supervised.
11. **BLENDER OR JUICER:** You can make great treats using a blender. This can be a painless way to increase servings of fruit, vegetables and milk . . . for kids and adults.
12. **APRON FOR EACH CHILD**
13. **COOKBOOKS**
14. **HEALTHY FOODS:** A gourmet basket of fruit, an assortment of nuts, bottles of almond or olive oil or balsamic vinegar.
15. **BOOKS and BOARD GAMES.**
16. **LAVENDAR BATH SALTS AND LOTIONS**
17. **GIFT CERTIFICATE FOR A MASSAGE**
18. **ANYTHING THAT YOU'D WANT OR NEED TO HELP YOU BUILD A BETTER YOU IN 2012!!**



PLEASE POST FOR THOSE EMPLOYEES WITHOUT EMAIL



The Medical
Center of Plano