



# Nutrition Connection

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“Christmas! The very word brings joy to our hearts. No matter how we may dread the rush, the long Christmas lists for gifts and cards to be bought and given-when Christmas day comes there is still the same warm feeling we had as children, the same warmth that enfolds our hearts and our homes.”

-Joan Windmill Brown

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## Health Improving Christmas Gift Ideas.

Are you one of the many who has not even come close to making a dent in your Christmas shopping list? Are you in a state of panic or confusion and not sure what to get your loved ones? If so you may be suffering from Holiday Gift Shopping Syndrome. Technically, not a medically diagnosed syndrome, it is still a valid condition. If these symptoms sound vaguely familiar you may be a sufferer of HGSS. Are you overwhelmed by the sheer pressure of getting the “perfect” gift, does the thought of going to the mall put you in a state of panic let alone finding a parking spot. If these symptoms sound familiar do not worry keep reading and take a deep breath and realize that you do not

have much time, but the time you do have should be spent thinking of what to get your loved ones. Why not get a

prospective gift recipient the gift of health? Since there are few things that are as empowering or invigorating as excellent health, why not give some gifts that will help the people you care about most experience this for themselves? Page two offers some gift ideas that are based on improving health in all aspects not just physically but also mentally, emotionally, and spiritually because those are all facets of a healthy individual. Hopefully these gift ideas will alleviate some holiday shopping stress. So read on and stop dragging your feet you only have a few shopping days left before Christmas....No pressure!!!



May this Christmas find you surrounded by those you love and those who love you



# Christmas Gift Ideas

## The Gift of Fitness:

### Subscription To A Fitness/healthy Lifestyle Magazine

- This is the gift that keeps on giving all year long, and every month you get to receive a new gift. Some to consider are Shape magazine or Cooking Light magazine.

### Personal Trainer Session

- Do you have that friend or loved one who always makes excuses for not going to the gym because they are intimidated by the machines or not sure where to start? If so gift them a session or more with a personal trainer at Wheelock Gym.

### Game Systems

- This would make a great family gift. With options such as the Wii or Xbox Kinect these game systems are fun and interactive and get your body moving.



## The Gift of Nutrition:

### Gift Card To A Healthy Restaurant

- A gift card is always a good alternative when you do not know what to get someone. Subway is a great meal option that offers healthy meals. The good thing with a gift card is that you can put as much money as you want.

### Healthy eating & diet meal plans

- Ever wanted to try Nutri-system or Jenny Craig meal plans? If so, why not gift yourself this? Start of the new year with a healthy outlook. These meal delivery options may be a little pricey but they take the guess work out of healthy eating. The hard work is already done for you. All you have to do is eat the prescribed food.

### Healthy Kitchen Tools

- The Health Master Blender® makes nutritious smoothies and also makes hot healthy soups.

## The Gift of Relaxation:

### A day at the Spa

- Modern life can be frantic and most people are under excessive stress that is compromising their health and mental wellness. Taking some time to relax and unwind is necessary. A gift to the spa is a great idea. It can include a massage, a mani and pedi or the whole package.

### Good Reading

- Know someone who can use some encouraging words of some introspective discussion. Some books to gift include Joel Osteen 'Every Day a Friday: How to Be Happier 7 Days a Week' or Joyce Meyers 'Living Beyond Your Feelings: Controlling Emotions So They Don't Control You.'



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“Wish you all a very Merry Blessed Christmas .”

-Kristina Ouka.