



2020

Healthy Holiday

GIFT GUIDE

Healthy & Happy Gifts



Looking for some "fitspiration" for your holiday gift list this year?

We've got you covered with fun, healthy, and inspiring health & fitness gifts for everyone on your list.



If you're looking for a special gift with a personal touch or unique gift card options ... we've got plenty of ideas waiting for you inside!

We hope this guide makes your gift-giving easy this year!



Thank you for downloading, and being a part of our incredible community!

Jewelz

tightenup.com.au

Stocking Stuffers



Fun-sized gifts to surprise everyone on your list.

ESSENTIAL OILS

Help them relax and recharge with essential oils.

Tip: a little goes a long way. Look for pure oils in dark glass bottles for a longer shelf life!

JOURNAL OR PLANNER

Your favourite go-getter will love a brand-new journal or planner to help them map out their year.

Check out the Bullet Journal, which uses positive psychology to make reaching goals easier. For kids, the "Big Life Journal" is great!





CBD CREAM

CBD-infused lotions, creams, and balms can help ease sore or overworked muscles naturally.

ECO-FRIENDLY TOOTHBRUSH

Take care of their dental health and help the planet at the same time!

Check out just a few options: Bamboo, recycled plastic, or last-a-lifetime metal brush handles with removable & recyclable heads.



DARK CHOCOLATE

The perfect mid-afternoon sweet snack: a bite of dark chocolate! For ultimate health benefits, choose one with at least 70% cocoa.





MUSHROOM TEA

Give the tea lover on your list something exotic. Mushroom teas are proven stress-busters that can help you relax and boost your immune system.

Try reishi, chaga, lion's mane or cordyceps.

ABUNDANCE CANDLE

Nothing says "cozy" like a candle – and it's even better when it radiates positivity.

Check out Etsy for a variety of options.



METAL STRAWS

Metal straws are a thoughtful gift. Not only are they eco-friendly, they're safe, durable, and last a lifetime.

TIP: To make cleaning easy, make sure your metal straws include brushes, too!



Fitness Gear



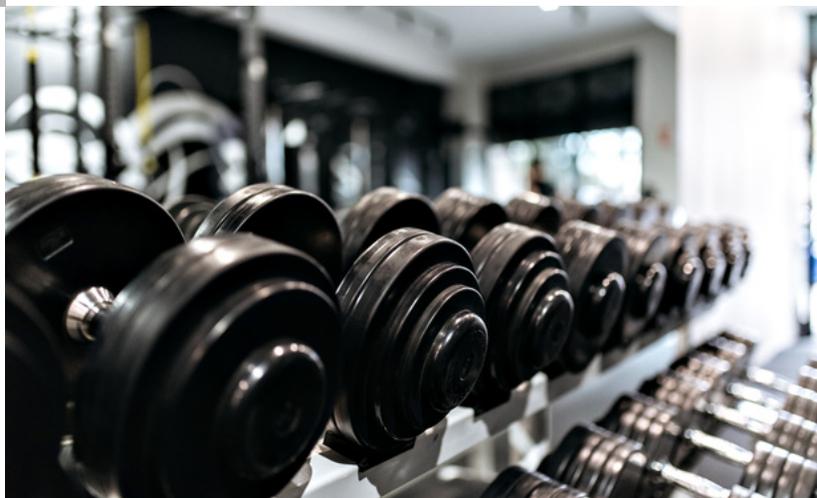
There's nothing like fun, new equipment to add excitement to their home workouts!

RESISTANCE BANDS

Portable, inexpensive and effective, resistance bands are a go-to for home or travel workouts. Pick up a set with a variety of resistance.

GIFT CERTIFICATE

The results-oriented person on your list will love a few sessions with a coach or trainer to help them reach new goals!



DUMBBELLS

Weights are another home-fitness must. Your fave wellness enthusiast will appreciate a set of dumbbells, as they were in very short supply earlier this year.

TIGHTEN *up*



WORKOUT CLOTHES

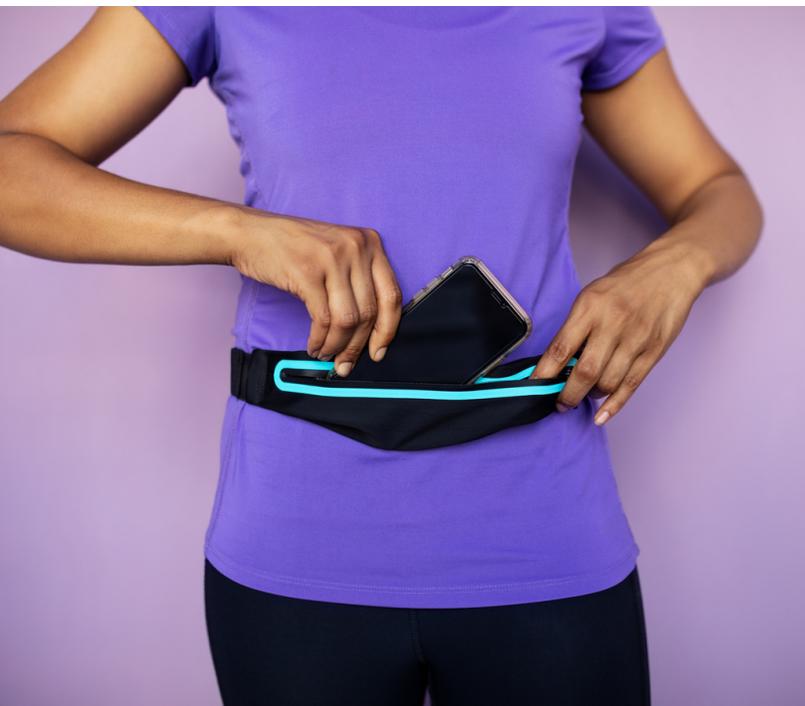
Nowadays, workout clothes aren't just for working out!

Treat them to new leggings, comfy socks, or a cozy hoodie they can wear to the gym OR while lounging around at home.

SUSPENSION TRAINER

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

They can set it up inside or outdoors for a great total-body workout!



WAIST BAG

Waist bags (aka bum bags) are making a comeback!

Use it to hold your phone, hand sanitizer, mask or keys during your workout.

For an added bonus, get one with reflectors to improve nighttime visibility.

Wellness Gifts



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

HAPPY FEET

Perfect for your favourite runner or athlete – or anyone who spends a lot of time on their feet. Gift them with a relaxing DIY home foot soak or pedicure kit.

SUN PROTECTION HAT

More people are diagnosed with skin cancer each year than the sum of all other types of cancer. Help them protect their skin with a visored hat.



WATER BOTTLE

Everyone loves water bottles! There are dozens of fancy new bottles on the market. You can find the perfect, unique bottle from self-cleaning to metal, glass, filtered, easy-open bottles & more!



PHONE SANITIZER

Keep their phone clean and germ-free with a UV sanitizer!

There are several on the market – just pop the phone inside, wait a few minutes, and 99% of bacteria and germs are zapped.

PUZZLES

Sharpen their brain connections with a jigsaw puzzle.

Research shows that doing puzzles – jigsaw, crossword, sudoku, etc. – can keep your brain young and agile.



ICE ROLLER

These little rollers are great for DIY cold therapy for your skin, which is a natural remedy for puffiness and large pores. They also are used for relieving muscle aches and migraine pain.

Just pop the roller into the freezer for a few hours and then roll away!

Recovery & Mind Body Tools

Gift ideas for people who need a little more downtime in their lives



MASSAGE GUN

Get a great DIY massage at home with the Dyna Life Massage Gun. It helps target sore muscles for pain-free movement and faster recovery. You can find some great ones at LifeProFitness.com

COZY BLANKET

Encourage their R&R time with a comfy blanket to snuggle under.



SLEEP TRACKER

Using a sleep monitor will help them understand not only how well they are sleeping, but also their workout readiness.



SALT SCRUB

Your skin is your body's largest organ, constantly renewing itself.

You can help it do its job by using an exfoliating treatment like a salt scrub to remove dead cells.

Bonus: brighter, firmer skin!

MASSAGE

Consider a gift certificate for a massage with a licensed therapist.

There are dozens of types of massage, including shiatsu, hot stone, aromatherapy, and deep tissue. A chair massage might be a great starting point for someone new to massage therapy.



GREENS POWDER

If they are concerned with optimizing their recovery through nutrition, think about getting them a good-quality greens powder to mix into their water or smoothies.

Most contain micronutrients that help boost immunity & battle stress.



Food and Drink



MEAL PREP CONTAINERS

Good-quality containers eliminate waste and make meal prepping even more satisfying. Plus, glass containers can last a lifetime, cutting down on waste.

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

WINE PURIFIER

There are a variety of different methods on the market, but most purifiers aim to filter sediment, remove sulfites, and aerate wine.



COOKING LESSONS

Some well-known chefs are offering online "cook-along" lessons.

This is a great gift for the serious home cook!



Books They'll Love

Fill their bookcase
(or e-reader) with
books that inspire.

ALTER EGO EFFECT
- Todd Herman

**BECOMING
SUPERNATURAL**
- Joe Dispenza

THE 5-SECOND RULE
- Mel Robbins

**CHANGE YOUR BRAIN,
CHANGE YOUR LIFE**
- Daniel G. Amen

THE WAR OF ART
- Steven Pressfield

BECOMING
- Michelle Obama

DEEP WORK
- Cal Newport

**THE ICARUS
DECEPTION: HOW HIGH
WILL YOU FLY?**
- Seth Godin

**THE 7 HABITS OF
HIGHLY EFFECTIVE
PEOPLE**
- Stephen Covey

**THE POWER OF NOW:
A GUIDE TO SPIRITUAL
ENLIGHTENMENT**
- Eckhart Tolle



Our Wish For You...



A Happy, Healthy, & Fit Life!

At **Tighten Up** we specialize in helping our clients find simple solutions that make it easier to maintain a fit lifestyle.

As a thank you for downloading our Holiday Gift Guide, how about a gift for YOURSELF!? Here's something special just for you ...

Just for YOU \$99 DEAL!

- 2 WEEKS UNLIMITED SMALL GROUP TRAINING SESSIONS = \$299
- STRATEGY AND GOAL SETTING SESSION = \$289
- MYZONE MZ-1 HEART RATE MONITOR = \$99
- POSTURAL AND MOVEMENT ASSESSMENT = \$55
- BEGINNER EXERCISE GUIDE AND PROGRAMS = \$199
- SIMPLE AND EASY RECIPE EBOOK = \$29.95
- HABIT CHECKLIST AND MINI GUIDE EBOOK = \$28.95
- SUPPORT FROM YOUR COACH AND CREW = PRICELESS!

*****TOTAL VALUE \$999.90*****

To CLAIM: email me at jewelz@tightenup.com.au with the words "For ME"

We would be honored to be part of your fitness & wellness journey.

Jewelz

