



**2021
EDITION**

Healthy Holiday

GIFT GUIDE

30+
Gift Ideas
INSIDE



Healthy & Happy GIFTS

Happy Holidays!

We had a lot of fun putting together this healthy holiday gift guide for you. It's packed with healthy and inspiring wellness & fitness gifts for everyone on your list.

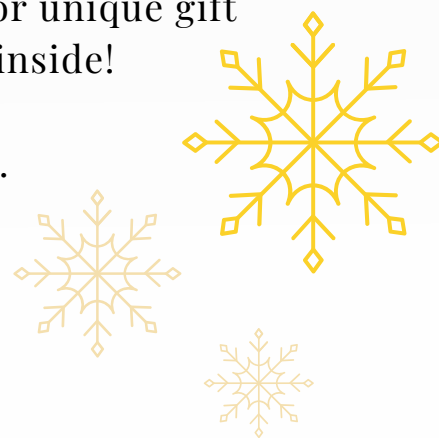
If you're looking for a special gift with a personal touch or unique gift card options ... we've got plenty of ideas waiting for you inside!

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

Wishing you a very happy & healthy holiday season,

Jewelry

TIGHTEN UP



Stocking STUFFERS

Small gifts with big impact



COOLING TOWELS

Your favorite gym-goer or outdoor enthusiast would appreciate a cooling towel to help them fight the heat.



WEIGHTED EYE MASK

This one's for the person who is serious about their sleep (and their beauty routine).

A weighted eye mask can help ease headaches, block out light, reduce stress, and even battle eye puffiness.

STOCKING STUFFERS



INSPIRING JEWELRY

A personalized piece of jewelry can serve as a reminder of what matters to them and help motivate, relax, focus and inspire. There are so many options ... from a simple charm (like a barbell!) or a pendant with a favorite quote.



FITNESS DICE

Look these up ... they are great! Use them for a fast and fun way to get in a workout while you're at home or on the road.



ESSENTIAL OIL BLENDS

Find the perfect blend of essential oil for your wellness-loving friends. You can find or create blends to help energize and elevate your mood ... reduce stress ... relieve headaches, and everything in between. These are always a winner!

STOCKING STUFFERS



WARM GLOVES

Warm gloves are a much-appreciated gift for anyone who does a lot of outdoor activities (running, biking, dog walking, skiing, etc.).

TIP: For optimal warmth, make sure the outer layer is waterproof.



ORGANIC LIP BALM

We all know someone who always has a stick (or two!) of lip balm in their pockets. Make sure they don't run out by supplying them with several sticks of their favorites.



COFFEE MUG

Make coffee time even more enjoyable with a just-for-them mug featuring their favorite superhero, quote, author, or past-time.

STOCKING STUFFERS



AVOCADO HUGGERS

For your friends who LOVE avocados ... these great little covers will keep their avocados fresh for a very long time. These are always a hit!



MINDFULNESS CARDS

The gift that keeps on giving. A deck of mindfulness cards is a great way to "bring awareness, calm, and joy to everyday life."



MINI HONEY SET

Nothing makes for a sweeter gift than some delicious, high-quality honey. This gift will last a long time, and is always a winner. Great for anyone on your list.

fitness GEAR



New equipment can add excitement to their workouts!



SUSPENSION TRAINER

This is like a gym-in-a-box, perfect for travel or a home workout space, providing both support and added resistance for a variety of exercises.



DUMBBELLS

Weights are another home-fitness must. Adjustable dumbbells and kettlebells are a great space-saver.



QUALITY COACHING

A gift certificate for coaching (online or in person) can help set them up for success in their next goal quest.



BOOTY BANDS

These extra-strong looped resistance bands are surprisingly versatile, making squats, lunges, and leg extensions even more effective. Plus, they're portable, perfect for at-home use or in the gym.





WORKOUT CLOTHES

Who doesn't love new clothes? There are so many options on the market now, at so many price points. Gift them shorts or leggings, a hoodie, or a workout top (or all of the above!).



PARALETTE BARS

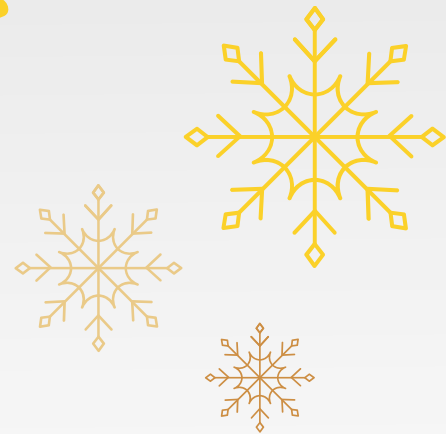
These are mini gymnastics bars that can help boost their strength (especially upper body and core). Plus, they are a fun and challenging way to help them change up their workouts.



Wellness

GIFTS

Great gifts for everyone!



SEAT CUSHION

If they sit on a hard chair all day at work, they might love a seat cushion designed just for home workers (check out the cushions from Purple Mattress).



HOUSE (OR OFFICE) PLANT

Get them an indoor plant that can help purify the air. Ivy, spider plant, snake plant, and aloe vera are popular easy care options.



BLUETOOTH SHOWER SPEAKER

Whether they listen to podcasts, audiobooks, or their favorite songs, they won't miss a beat with a waterproof shower speaker.



CRAFTY STRESS-BUSTERS

Help them relax and have fun at the same time! Gift them a craft kit or artist supplies that will help them flex their creative muscles.



LOCAL SERVICE

Hook them up with a gift certificate for housecleaning, meal prep, snow removal, lawn mowing, or any other service that will give them some real downtime on their day off.



MINI HUMIDIFIER

Dry air is hard on your sinuses and your skin! A mini humidifier can help counteract that – simply fill it up with water and place it on your nightstand or desk ... and let it do all of the work for you.



Mind & Body

TOOLS

*Help them find a little more
downtime ...*



MASSAGE GUN

Get a great DIY massage anywhere. It helps target sore muscles for pain-free movement and faster recovery.



BATH SALTS

Give them a soothing bath bomb or Epsom salts potion to help them soak their hardworking muscles.



COZY BEANIE

A natural fiber beanie will help them stay warm after a strenuous workout.





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WEIGHTED BLANKET

A weighted blanket does more than keep them feeling warm & cozy. It can help relieve stress, promote relaxation, and help battle anxiety.



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MASSAGE

Consider a gift certificate for a massage with a qualified therapist. There are many types of massage, including shiatsu, hot stone, and deep tissue. A chair massage might be a great starting point for someone new to massage therapy.



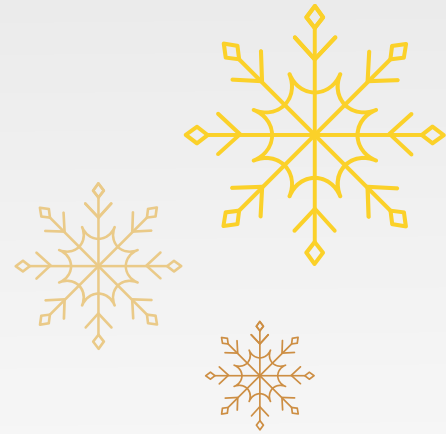
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RESISTANCE BAND

A resistance band can be a helpful tool when it comes to improving flexibility. It can help them to safely go deeper into their stretches while maintaining good form.

FOOD & *Drinks*

Good-for-you treats with benefits.



HEALTHY GIFT BASKET

Send them a gift basket packed with good-for-you treats, like the baby vegetable crate from Harry & David ... or a healthy snack basket from Thrive Market.



SUPERFOOD LATTE

A trend that continues, superfood lattes blend together nutrition superstars like turmeric, mushroom, matcha, beetroot and more into a tasty beverage.



WINE

For the wine lover on your list, a bottle of their favorite brand or vintage is a fun idea. Or amp up the healthy factor by sending them a bottle of lower sugar "fit" wine.



Books

THEY'LL LOVE

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

ATOMIC HABITS

James Clear

GREENLIGHTS

Matthew McConaughey

RELENTLESS

Tim S. Grover

THE WAY OF INTEGRITY

Martha Beck

THE DUDE DIET DINNERTIME

Serena Wolf

WHEREVER YOU GO, THERE YOU GO

Jon Kabat-Zinn

SELF-COMPASSION

Kristin Neff



Our Wish FOR YOU

A HAPPY, HEALTHY, & FIT LIFE!

At TIGHTEN UP, we help our clients find simple solutions to help you every step of the way, with personalized programs to help you reach your goals.

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



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

Jewelz.

UNLIMITED SMALL GROUP DEAL!

What you get:

- 2 weeks unlimited Small Group Training sessions
- Strategy and Goal Setting Session
- Myzone MZ-1 Heart Rate monitor
- Postural and Movement Assessment
- Body Composition Scan
- Beginner Exercise Guide and Programs
- Simple & Easy Recipes eBook
- Habit Checklist & Mini Guide eBook
- Support from your Coach and Crew
- Priceless!

All for ONLY \$99! ONLY 25 DEALS AVAILABLE!

Ready? Call me on 0418 263 786 or email:
jewelz@tightenup.com.au with "learn more!"