



# Healthy Holiday GIFT 2020 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!

In health,

*Colleen Riddle*

# Stocking Stuffers

Fun-sized gifts  
to surprise  
everyone on  
your list.



## ESSENTIAL OILS

Help them relax and recharge  
with essential oils.

Tip: not all oils are pure. I only  
trust Young Living. Reach out if  
you have questions in this area!  
[I get mine here.](#)

## JOURNAL OR PLANNER

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

Check out the [Best Journal Ever](#),  
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 70% cocoa or higher!

<https://amzn.to/38lO8lj>



# 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.

# DITCH THE CANDLES

We all love the smell of candles, but they can be toxic! Go for the diffuser with essential oils instead! Everything you need is in [this bundle](#)!



# METAL STRAWS

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

<https://amzn.to/38keu6T>

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. [I use these!](#)

## 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.





## 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 fanny packs) 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.

## 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.



## HAPPY FEET

Perfect for your favorite 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.



## 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. <https://amzn.to/3p9MDNx>

## 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.

<https://amzn.to/3nBFSUv>

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! This is the one I personally use and love: <https://amzn.to/3rd5sBg>. It helps target sore muscles for pain-free movement and faster recovery.

## 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

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 I'm going to try this one:  
<https://amzn.to/3nyyHfT>



## 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.



## 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.

## 333 THE POWER OF EQUILIBRIUM

- Colleen Riddle, Gary  
Westfal, Kirk Hendrix

## THE 5-SECOND RULE

- Mel Robbins

## SUPER ATTRACTOR

- Gabrielle Bernstein

## Excuses be gone!

- Dr. Wayne Dyer

## The Four-Year Career for Women

- Kimmy Brooke

## The Power of Intention

- Dr. Wayne Dyer

## Mach 2 With Your Hair on Fire

- Richard Bliss Brooke



Our Wish For You...



## A Happy, Healthy, & Fit Life!

I specialize in helping clients find simple solutions to live a healthy lifestyle through fitness, mindset, and chemical-free living.

## JOIN MY FACEBOOK GROUP

<https://www.facebook.com/groups/wellnesswithcolleen>  
and receive FREE recipes, challenges, fitness tips, and more!

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

Colleen  
Riddle

