

**30+**  
*Gift Ideas*  
**INSIDE**



**WORKOUTS  
WITHOUT  
WALLS**

**INNOVATIVE OUTDOOR FITNESS**

# Healthy Holiday

**GIFT GUIDE**

2021 EDITION



# Healthy & Happy GIFTS

Happy Holidays!

I 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.

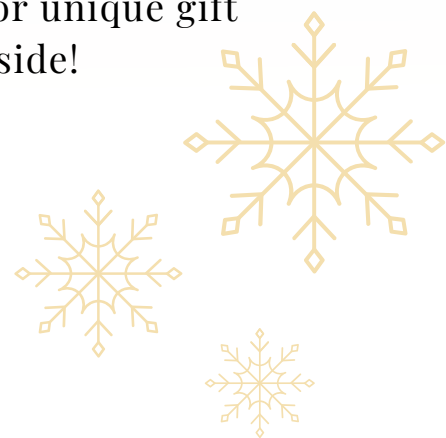
If you're looking for a special gift with a personal touch or unique gift card options ... I've got plenty of ideas waiting for you inside!

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

Wishing you a very happy & healthy holiday season,

*Carlos Payne*

**W3 Fitness**



# 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 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 really neat! 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."

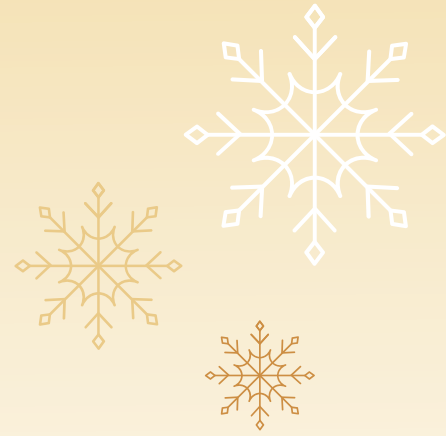


### MINI HONEY SET

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 W3 Fitness 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 with the Lifepro Dyna Mini Massage Gun. 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.





## WEIGHTED BLANKET

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



## MASSAGE

Consider a gift certificate for a massage with a licensed therapist. There are dozens of 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.



## YOGA STRAPS

A yoga strap 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*

### **FEEL THE FEAR AND DO IT ANYWAY**

*Susan Jeffers*

### **THE FITNESS MINDSET**

*Brian Keane*





# Our Wish FOR YOU



## A HAPPY, HEALTHY, & FIT LIFE!

At W3 Fitness, I help my clients find simple solutions to stay healthy and reach their fitness 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.*

*Carlos Payte*

## 6 MONTHS OF W3 FITNESS

*Only 10 Available!*

Get 6 months (January - June) of W3 Fitness for only \$697 (new clients only.) Our outdoor fitness solutions has been helping men and women reach their fitness goals in Novato since 2008. Only 10 available so text me at 415-246-0484 to sign up.