



### ACTION STEPS FOR WELLNESS

## Wellness gifts



Give presents that promote a healthy lifestyle. Keep their well-being and self-care in mind when making your list and checking it twice.

**Action Step:** There are many thoughtful and joyful gifts to choose from that will enhance well-being, for adults and kids.

Instead of:	Ask for or Give:
Battery-operated cars and toys	Soccer ball, jump rope, inline skates, or sled
Video games and DVD movies	Exercise videos for gaming consoles
Gift card for movie theater tickets, popcorn, and soda	Gift card for a sporting goods store
Candy, cookies, or popcorn tin	Fresh fruit basket, or an overnight oats kit (including toppings)
Hand-held video game	Heart rate monitor, pedometer, weights, or an exercise stretch band.
Gift card to download music	Gift card for a gym or fitness club, local Y, or community exercise or dance class