



2021
Healthy
Holiday
GIFT
GUIDE

Healthy & Happy Gifts



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

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



And, don't forget to check out my [shop online](#), where I have some of the gifts mentioned in this guide!

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



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

In health,

Sarah x

Stocking Fillers

Fun-sized gifts
to surprise
everyone on
your list.

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



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!





EYE PILLOW

A lavender-infused pillow to rest on weary eyes or to use during meditation or yoga practices.

ECO-FRIENDLY TOOTHBRUSH

Take care of their dental health and help the planet at the same time with bamboo or recycled plastic brushes.



DARK CHOCOLATE

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



WORKOUT DICE

Do they like to mix things up? Make their workout a bit more interesting, with some dice that let them experience a different workout each time!



ABUNDANCE CANDLE

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

Check out Etsy for a variety of options.



ECO 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 personal trainer (me??) to help them reach new goals!



DUMBBELLS

Weights are another home-fitness must.

Your fave wellness enthusiast will appreciate a set of dumbbells or even a kettlebell!





WORKOUT CLOTHES

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

Treat them to new leggings, comfy socks, or a cosy hoodie they can wear to the gym OR while lounging around at home. Check out these leggings from [Yoga Leggs](#)

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!



WIRELESS EAR BUDS

Help them workout to their favourite music without getting tangled in the wires!

Ideal for when they're on the go.



Wellness Gifts

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



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.

SILK PILLOW CASE

Looking for a great nights sleep with added hair and skin benefits, then a silk pillowcase might be the answer. Benefits include reduced wrinkles, smoother hair and more hydrated skin.



WATER BOTTLE

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



RESCUE REMEDY

If they need a bit of a pick-me-up and something to help them relax then give them some of this lovely Bach Rescue Remedy.

Now available for night times and day

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. It's not just about keeping the body fit!



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



FOAM ROLLER

Get this great tool for their warm up or cool down. Relieve muscle tightness, soreness, and inflammation, and increase the joint range of motion.

COSY 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 licenced 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 want to optimise their recovery through nutrition, think about getting a good-quality greens powder to mix into their water or smoothies. Most contain micronutrients that help boost immunity & battle stress.

And why not get a Nutribullet for them to prepare those smoothies!

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.



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

There's been an abundance of online 'cook-along' sessions appear over the last year, but now there are also the in-person ones too!

A great gift for the serious home cook!

My Wish For You...



A happy, healthy, & fit life!

I specialise in helping women navigate their midlife feeling stronger, full of energy and generally feeling more confident in themselves.

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

£797

12 week 1:1 midlife RESET coaching programme

Get my special beta offer

[More info](#)

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

Sarah x

