

## THINK OUT OF THE BOX THIS YEAR.

Give healthy holiday gifts instead of the usual high calorie presents.

### SOME IDEAS FOR ANYONE ON YOUR LIST:

- Pedometer
- Water bottle
- Free weights
- New gym bag
- Yoga mat
- Balance Ball
- Gift certificate for a message
- Gift certificate for a yoga, pilates or kick boxing class

### AND...HEALTHY READING...

- The American Dietetic Association's Food and Nutrition Guide* by Roberta Duyff
- Being Vegetarian for Dummies* by Suzanne Havala
- Dieting for Dummies* by Jane Kirby
- Eat Out, Eat Right* by Hope Warshaw
- Fuel for Young Athletes* by Ann Litt
- Herbs of Choice: The Therapeutic Use of Phytomedicinals* by Varro Tyle
- Intuitive Eating*, Evelyn Tribole and Elyse Resch
- Lickety Split Meals* by Zonya Foco [www.Zonya.com](http://www.Zonya.com)
- Sports Nutrition Guide Book*, Nancy Clark
- Thin for Life* by Anne Fletcher

### AND SUBSCRIPTIONS:

- Cooking Light Magazine [www.cookinglight.com](http://www.cookinglight.com)
- Eating Well Magazine [www.eatingwell.com](http://www.eatingwell.com)
- Nutrition Action newsletter [www.cspinet.com](http://www.cspinet.com)
- Mayo clinic Health Letter [www.mayoclinic.org](http://www.mayoclinic.org)
- Tufts diet and health newsletter [www.healthletter.tufts.edu](http://www.healthletter.tufts.edu)
- University of California at Berkeley Wellness Letter [www.berkeleywellness.com](http://www.berkeleywellness.com)