

## *Give the Gift of Health this Holiday Season*



The holidays are upon us and family gift buying is in full swing. Coulee Region Childhood Obesity Coalition members encourage you to give the gift of health this holiday season by buying gifts for family members and friends that encourage an active lifestyle. Before purchasing your gift think...will it require the person receiving it to use his or her body to make it work? Think of gifts that require the person to walk, skip, jump, run, hop, push or pedal.

Need ideas? Here are some suggestions from coalition members...

### *For the preschooler on your holiday list:*

- \* Foam Frisbees
- \* Balls
- \* Doll stroller
- \* Plastic racquets
- \* Plastic lawn & garden tools
- \* Toy lawn mower, rake, small shovel, etc
- \* Wading pool (adult supervision required!)
- \* Children's dance music
- \* Kite
- \* Wagon
- \* Age appropriate mitt, jr size baseball bat with tee
- \* Bike with training wheels
- \* Rocking horse
- \* Bubbles (great to chase!)
- \* DVDs or videos that encourage kids to move

### *For the school age child on your list:*

- \* Skates
- \* Sled
- \* Balls (soccer, basketball, playground)
- \* Bat
- \* Lessons for an activity they enjoy-karate dance, swimming, etc
- \* Bike & helmet
- \* Music
- \* Frisbee
- \* Kites
- \* Chalk- to draw or play hopscotch
- \* Dance pad for play station or Xbox
- \* Beach toys
- \* Lawn games (ring toss, croquet, etc)
- \* Inexpensive binoculars to take on a hike
- \* Jump rope
- \* Hula Hoop
- \* Pedometer
- \* Beach toys (Can also be used for snow)
- \* Interactive video games where the character is controlled by the player's body movements
- \* Star chart or book about constellations to take outside on clear nights
- \* Balsa wood airplanes or paper airplanes to fly outside

### *For the teen on your list:*

### *For the Adult on your list:*

- \* Skates (buying rollerblades? Include a helmet) etc)
- \* Bike & helmet
- \* Skateboard & helmet
- \* Racquet or clubs (tennis, racquetball, golf, etc)
- \* Net for games such as volleyball
- \* Camping equipment
- \* Juggling balls/sticks
- \* Lessons for an activity they enjoy (dance, karate, etc)
- \* A colorful headband or earmuffs to make walking cozier
- \* A field guide for identifying animal tracks in the snow
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- \* Gift certificate to a class (Yoga, Pilates, etc)
- \* Dumbbells
- \* Pedometer
- \* Skis
- \* Snow Shoes
- \* Exercise video
- \* Exercise socks
- \* Biking accessories (helmet, shirt, gloves)
- \* Walking stick
- \* Resistance bands
- \* Exercise ball
- \* Exercise mat
- \* Gift card for new walking/running shoes
- \* Armband radio, MP3 player, etc to listen tunes as you move!

So give the gift of health this season by giving the folks on your list a gift something that will stimulate their body as well as their mind.