

Heart-Healthy Holiday Gifts

With the holidays fast approaching, you might be frantically brainstorming ideas for holiday presents. Here are a few heart healthy options to consider! These ideas would make for great stocking stuffers, office holiday gift exchange, or even a friendly present.

- **Stress ball.** The holidays can be stressful so why not include a stress ball so your family and friends can work their arm muscles instead of turning to the candy jar to relieve stress.
- **Jump rope.** This is a great item to have around the house. When your kids go outside to run off steam, join them and jump a little rope while you watch them jump and play in the fall leaves.
- **Toothbrush.** Help keep those pearly whites clean with a new toothbrush.
- **Fruit.** Apples, oranges and grapefruits make for very healthy presents. Just make sure they don't get squished and give them in a timely manner so they are nice and fresh when the recipient receives them!
- **A new CD.** Everyone loves to sing loudly and dance around their house when no one is looking. Why not give your friends and loved ones their favorite CD and let them burn off those holiday calories while they have their own mini dance party!
- **Winter accessories.** When the weather changes and the temperature drops people tend to stay indoors more and therefore get less exercise. Give your co-workers a new hat, a scarf and a pair of gloves and that gives them no excuse to take a walk around the block and admire their neighbor's holiday decorations.
- **A pedometer.** This nifty little tool helps you count the number of steps you take in a day. What a great way to get the office together and go walking during lunch!
- **Recipe cards.** Do you have a lot of healthy recipes you love? Why not share the wealth. Pre-made or hand-made recipe cards with hand written healthy recipes are a heart-felt gift for all.
- **Cookbook.** Staying along with the share the wealth idea, check out the American Heart Association's variety of cookbooks. Choose one that best suits your recipient. Whether they're cooking for one, cooking for a family with kids, or looking for a quick and healthy meal, AHA offers a wide array of [cookbooks](#).
- **Water bottle.** Give them a BPA-free water bottle to take to work or stash in their purse then they will have no excuse for not staying hydrated.
- **Relaxation kit.** Stress is not good for anyone's health and the holidays are typically a stressful time of the year. Give your friends and loved ones a relaxation kit. Maybe include a few candles, maybe some incense, soaps, or a CD with soothing music.
- **Do they like art?** Maybe give them a day pass to a museum; they can enjoy the art while enjoying a nice warm escape from the cold and a bonus they get in some physical activity! How about giving them some new supplies to paint or a gift card to a craft/art store so they can buy their own.