

SHAPE

Holiday Gift Guide: For the Fitness Fanatic



RAISE A GLASS

She always says she needs to drink more water, and the fashionable Eddy Glass (\$25; camelbak.com) is the perfect gift to help her stay hydrated! It's dishwasher safe and comes equipped with an easy-to-grip silicone sleeve so you can grab it and hold it while on-the-go.