

Best gifts for fitness enthusiasts

It is time again to start your holiday shopping. Finding the perfect gift for each person can be quite a task. Give your mind a rest, and pick up these great gifts for the fitness enthusiast in your life.

For the yoga lover - Purchase a gift certificate to a local yoga studio, and pair it with a yoga mat or eye pillow. Throw in some props, like a block, bolster, or strap, for beginners. Consider a yoga towel or mala beads for the experienced yogi.

For the runner - A handheld running water bottle or Camelbak hydration pack is a great way to keep your runner hydrated. Bundle this with reflective gear and new sneakers to really show you care.

For the fitness novice - A session or two with a personal trainer can help your loved one to set goals and feel less intimidated by exercise. Learning proper form prevents injuries, while support provides motivation.

For the fitness buff - The Digifit Connect is the perfect gadget for those serious about exercise. It is iPhone, iPad, and iPod compatible, and monitors speed, heart rate, cadence, pace, distance, and power. Downloading the information helps to track progress.

For children's fitness - Inspire fitness in your children with a GeoPalz pedometer. They are available in many unique designs, and track your child's activity throughout the day. This information can then be registered online to win prizes and awards.