



Ask the Registered Dietitian

"Activate" Your Giving!

Here are some other ways that you can give the gifts of physical activity and wellness throughout the year to all members of your family, young and old:

Give the Gifts of Strength and Stability

A fitness ball will deliver both strength and stability to you, your mother, sister and your growing teenager with the added bonus that the ball can also serve as an extra chair that keeps your postural muscles toned while you sit. Get a copy of *Ball Bearings* - the best guide on how to use your fitness ball.

Wellness Gift Basket – Healthy Eating

Pack this basket full of healthy eating goodies to show them that healthy eating tastes great! Here are some suggestions that should tickle anyone's taste buds: a 70% cocoa chocolate bar; a jar of almond nut butter; a small container of dried fruit such as cranberries, figs, apricots; a package of green tea; a bottle of olive oil; and of course, a copy of the new Canada's Food Guide to Healthy Eating.

Wellness Gift Basket – Active Living and Healthy Eating

Pack this basket full of active living goodies for a family member that wants to be more active and/or eat better. Here are some suggestions of what you may want to include: a pedometer; a CD/DVD of their favourite music; a gift coupon for a nutrition consultation with a Registered Dietitian; or a three month membership at a local fitness centre.

Steps to a Healthier You Gift Basket

Walk towards a more active lifestyle with a pedometer. A pedometer counts steps, calculates distance and keeps you on track with a physically active lifestyle. Add in an inspirational/ motivational calendar for those friends or family members who need a challenge to keep them motivated. They can use the calendar to log their daily steps.

A family that eats together stays together...and the same rings true for physical activities. Embrace the winter, spring, summer or fall by getting active together.

Think active gifts rather than passive presents for your children this year:

- Take your pre-teen out for a **day of activity**. Perhaps s/he might like to try rock climbing or a day on the slopes for snowboard lessons and skiing.
- Take your teenage daughter and a friend to a university women's soccer, basketball, volleyball or hockey game and treat them to a trip to the locker room to meet the players.
- Organize a holiday get-together for the family (and your kids' friends too!) by combining healthy foods with fun-filled physical activities. Here are some tried and true favourites to get you started:
 - Thanksgiving ball hockey game followed by holiday brunch
 - New Year's Eve skating party with a post-skate dinner
 - Summer Solstice mountain bike ride with a pit stop for lunch
 - Fall Sunday hike and outdoor picnic (choose a sunny day for this one!)

Here are ideas for the teenager on your list:

- **Comfortable athletic clothes**, so that s/he is always ready to join in on impromptu physical activities while at school. Clothing that can be layered are best – examples would be tear-away pants and a vest.
- Share the poser of physical activity for girls with a positive t-shirt message such as "Powerful Body!" or "Watch out, I throw like a girl!"
- **Make a Go Girls! Gift Basket** so that she can be active indoors during the cold winter months. Suggestion of things to include are: an exercise ball, a yoga mat, and a skipping rope; a collection of **exercise DVDs** – cool titles include: Balance Ball Workout, Pilates for Beginners, Yoga Conditioning for Athletes, and Flat Abs.
- A gift certificate for **an hour with a personal trainer/strength and conditioning coach** so that you and your teenager can learn how to use weights and exercise equipment properly.

From a mom, aunt and grandmother who likes to see her girls encouraged to be active – *books to inspire:*

- ***Hearts of Gold: Stories of Courage, Dedication and Triumph from Canadian Olympians***, by Lorne Zeiler
- ***Heroes With Heart: Canadian Athletes You Can Look Up To***, by Steve Proctor, Dahlia Reich and Beverley Ware
- ***Great Girls: Profiles of Awesome Canadian Athletes***, by Laura Robinson and Majja Robinson

