

# Holiday Gift Giving

## Gifts Fit For The Fitness Aficionado

(NAPSA)—Holiday shopping can be simpler when you suit the present to the person.

For example, is there an exercise enthusiast on your list? If so, it's a good thing. Research from the Centers for Disease Control and Prevention found strengthening exercises are both safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—including heart disease or arthritis—often benefit the most from an exercise program that includes lifting weights a few times each week.

Strength training, particularly in conjunction with regular aerobic exercise, can also help improve mental and emotional health.

Regular training can even reduce the signs and symptoms of numerous diseases and chronic conditions, including: arthritis, diabetes, osteoporosis, obesity, back pain and depression.

To promote all those benefits, you may care to consider these gift ideas:

**1. Dumbbells:** Dumbbells are an essential part of any fitness routine. They are versatile, easy to use and compact, which makes them great for use in the home or at the gym.

**2. Airope:** Versatility and convenience make the Airope a great addition for working out alone or as part of a group. It provides a cardio workout and core strength training for its users.

**3. VersaClub:** The VersaClub is a terrific tool for a whole body workout, as it lets the user train in all three planes of motion to increase strength, flexibility and stamina.

**4. Medicine Balls:** Whether working out alone, in a group or



**Give someone you care for the gift of better health and fitness with quality gym equipment.**

with a partner, medicine balls are excellent for any fitness routine. Using a medicine ball can help develop core strength and improve coordination, balance and endurance.

**5. Stability Balls:** Balance, strength and coordination training are some of the best ways to get in shape, and a high-quality stability ball is the tool for the job. Stability balls can be used in a variety of different ways at home, at the gym and even in the office.

**6. Kettlebells:** Ask any trainer what piece of equipment he or she can't live without and chances are "kettlebells" will be the answer. Kettlebells provide a full body workout—cardio and strength—and improve balance for the user. The small size and ease of use make this accessory a great gift for trainers and trainees alike.

This advice comes from the experts at Power Systems, the sports and fitness equipment industry leader, committed to making a real difference in the health, fitness and performance needs of people at every level of experience.

### Learn More

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