



Ask Your Pharmacist

Healthy Holiday Gifts

by Dave Krishna

(NAPSA)—**Q:** I'm getting started with my holiday shopping. This year, I want to give gifts that promote a healthy lifestyle. Any suggestions?

A: Health and fitness gifts are a great way to show how much you care for your friends and family. Yoga and pilates are very popular right now, and with good reason:



They are extremely effective ways to get in shape and stay that way. If there is a studio nearby, you can give a gift certificate for a series of beginning classes. For people that like to work out at home, you might consider the Body Dome Exercise System.

For a lower-priced alternative, try the Gaiam Budokon DVD. Budokon is a combination of martial arts, yoga and meditation that provides an excellent workout. Another option is the Gaiam Balance Ball Starter Kit, which comes with a workout video designed by a pilates and yoga instructor. This product has been awarded five stars by drugstore.com customers. You can find other highly acclaimed gift ideas by going to the "Diet and Fitness" tab on the drugstore.com Web site and clicking the "5-star reviews" link.

Dave Krishna is a clinical pharmacist for the drugstore.com online pharmacy.