



Ask Your Pharmacist

Healthy Holiday Gifts

(NAPSA)—Give the gift of good health this season. Gifts that contribute to health can show loved ones how much you care.



Have a happy and healthy holiday.

A heart-rate monitor can help you keep within the optimum heart rate range when exercising, so that you do not overdo it and tire out too quickly. Weight and body-fat scales are perfect gifts for friends or family who work out. Even if your weight stays the same, these scales can encourage you to stick with your exercise routine as your body fat percentage goes down. Yoga mats and instruction guides can help strengthen both the inner and outer being.

For travelers, look for the 4-Way Ab Stretch by Everlast, a versatile portable workout tool that can help increase muscle tone, strength, and flexibility.

For improved oral health, consider the new generation of electric toothbrushes. And for healthy skin, give the gift of Micro Pearl Abrasion, a hard-to-find star secret that contains a luxurious natural exfoliant of crushed pearls to polish and promote skin rejuvenation.

These and many other great gift ideas are available at www.drugstore.com.