

Seasonal Gifts That Keep On Giving: Presents That Help Loved Ones Stay Healthy

(NAPSA)—'Tis the season to give and what better gift to give than the gift of health. When making your list, consider presents that help loved ones stay healthy. They are gifts that truly keep giving, and at Target, you can find great values on an unbeatable selection of fun and useful health and wellness items.

Gifts that encourage healthy living are especially helpful when budget matters. In leaner times, people often cut back on the extras that keep them feeling good. Here are some savvy shopping ideas for healthful holiday gift giving:

Gifts For Her

- The ultimate treat for the moms on your list: time to exercise and find her zen at the same time. Package a new yoga mat with a DVD so she can workout in the convenience of her own home. As an added bonus at no additional cost, offer to baby-sit so she can get her workout done without interruptions.

- Help support eating resolutions with tools that make healthy cooking easy. Indoor grills, such as the Sunbeam Rocket Grill, are lean-cooking machines that channel away fat and grease, allowing for a healthier meal with one-third fewer calories. Steamers and juicers make healthy food taste great, while cutting down on cooking time.



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- Treat a sweet tooth with a blender and smoothie assortment. Smoothies are creamy and delicious, but best of all they are good for you.

Gifts For Him

- Jump on the Wii Fit™ bandwagon this winter. It's a fun indoor activity for Dad and a great way for the whole family to exercise together.

- For the active man in your life, get him the technologically based activewear C9™ by Champion. The activewear is designed to take your workout to the next level and can be found exclusively at Target stores nationwide. Try the Powercore Compression Tee and Mesh Pants—perfect for his everyday workout and under \$35 for the entire outfit.

Gifts For Kids

- A new tricycle, bicycle or scooter is a sure way to get kids off the couch and into exercise. Don't forget to include a helmet;

safe giving is smart giving.

- Educational games should also be on the shopping list. LeapFrog Leapster Multimedia Learning System and V-Tech Little Einstein Laptop are two examples of products that will continue to stimulate and educate throughout the year.

Gifts For Under \$25

- Holiday season means lots of hosting and cleaning up. Give the hostess a break by gathering a cleaning crew to tidy up the home. For an extra treat, leave behind your favorite cleaning products like nontoxic Method products, available exclusively at Target at everyday low prices. Method products come in a variety of great holiday scents that will leave your house with a festive aroma.

- For a hard-working teacher, a gift set from Burt's Bees is a great treat. The all-natural skin care products refresh tired feet, replenish dry skin and heal chapped lips.

- Get the family together and exercise the mind with a board game such as "Cranium." Fun for the whole family, the game features four decks of cards that test the skills of each player.

The added bonus for gift giving that supports health and wellness—less stress for the giver. Knowing you are offering something good for the recipient makes giving that much more fun.