

Gift Ideas For The Active Family

(NAPSA)—This year, give your family the gift of health by encouraging them to get active.

In addition to being the key to better health now and in the future, exercise is an important component of the recently released USDA “My Pyramid” Food Guidance System. The revamped Food Pyramid, based on the 2005 Dietary Guidelines for Americans, recommends children and teenagers get at least 60 minutes of physical activity every day. So this year consider unique gifts that will keep the family active, but won’t break the bank.

Begin your gift search by looking in your kitchen pantry for General Mills products carrying the Betty Crocker Points or Points 4 Play logos. These products can lead to huge savings. Points 4 Play is an extension of the Betty Crocker Points program that rewards families with deep discounts on high-quality sporting equipment that can make great gifts for the whole family. Whether it’s a huge 12 foot x 7.5 foot Newtech Hawaiian Delta Kite or a Burley bike trailer on your family’s wish list, just clip the points from any of more than 400 participating General Mills products and redeem at www.points4play.com. It could take as few as five large cereal boxes to earn 100 points, good for a discount of up to 25 percent off the already low prices.

After searching your kitchen cupboards for savings, consider these other Points 4 Play gift



A new points program makes it easier for families to enjoy getting more active.

ideas to help flex your family’s muscle in the New Year:

- Your little ones can enjoy pedaling along with the family in the Kettrike Air-Navigator tricycle with its bright colors and rear bucket. Let the kids ride alone or attach the steering handle to help guide a younger rider.

- For kids, what could be more fun than sleeping under the stars and making s’mores? The Eureka! Tetragon will encourage your campers to enjoy the outdoors, even in your own back yard!

- Your young explorers need to hit the trail prepared. Wild Planet Explorer Gloves and Extreem Canteen ensures they have the right gear for backyard exploration, all-day hiking or biking expeditions, beachcombing and camp-outs.

For more information about these products and other gift ideas, go to www.points4play.com.