

Week 1: Affordable and Healthy Holiday Gifts

Festive Five Holiday Guide

The gift of giving is one way you can make someone's holidays very special. Here's a list of inexpensive yet thoughtful gifts to let someone you know that you care for their wellbeing!



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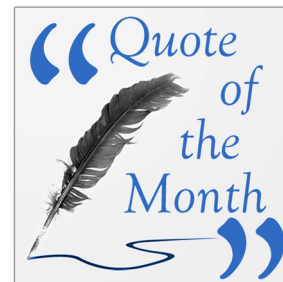
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1. *Homemade Maple Nut Granola* (www.eatingwell.com)

5 cups oats	1/3 cup unsalted	Combine all dry ingredients in a bowl. Combine all wet ingredients in another bowl. Pour over the oat mixture and stir well. Spread the mixture into a large baking sheet. Bake for 45 minutes at 275°F. Stir and continue baking until golden brown, about 45 minutes more. Stir in cranberries and raisins. Let cool completely.
1 cup coconut flakes	pumpkin seeds	
1/2 cup sliced almonds	1/3 cup unsalted	
1/2 cup chopped	sunflower seeds	
pecans	1/2 cup pure maple syrup	
1 tbsp light brown	1/2 cup water	
sugar [optional]	1/4 cup canola oil	
	1/2 cup dried cranberries	
	1/2 cup raisins	

2. *Pedometer.* This is one of the most inexpensive (~\$25), simple, but effective ways to encourage more activity. Several studies have shown that pedometer users walked at least **2,000 more steps** than nonusers and increased their overall physical activity levels by 27%! Encourage this person to have a step goal/day and perhaps buy one for yourself to achieve this goal with them!

3. *Baby Bail.* This will not cost you a dime (except maybe a bit of sanity...), and it's a great gift for a couple. Offer a night or two of babysitting (for children, pets, elderly parents) and set your friends free for the evening.

4. *Indoor Garden Kit.* Plant a window box of assorted herbs to encourage your friend or family member to spice up their meals without the extra salt or calories. Try basil, oregano, sage, cilantro, rosemary or green onions.

5. *Presents of Mind.* Sometimes the best gift of all may be no gift. Make an agreement with someone not to exchange any gifts this year. A lot of pressure and stress can be eliminated when you call off the shopping.

6. *Personal Cheerleader.* Offer to be someone's exercise or health buddy. Be their workout buddy in the gym, or support them by phone, text message, or e-mail a few times a week. Keep them accountable by sending encouraging messages, ask them when they are going to work out, did they pack a healthy lunch, did they eat breakfast, etc.

7. *Recipe card.* Share your best healthy recipes on recipe cards! These can even be chosen from your favourite online recipes, cookbooks, or EWSNetwork recipes!

8. *Fitbit Flex or heart rate monitor.* If you want to go all out, you might consider buying someone the Fitbit Flex. This trendy activity tracker aims to measure your exercise, diet, and sleep and syncs wirelessly with your phone/computer. Keep in mind that this costs around \$100. A more affordable alternative is a heart rate monitor. Heart rate monitors help measure the intensity of your workouts to achieve fitness goals.

9. *Quotes/Poems of the Month.* Select 12 quotes and/or poems that speak to a friend or a relative's current life situation. You never know what can brighten someone's day with a simple encouragement. Try emailing or even going the extra mile and send it via snail mail with a nice gift.

Source: <http://www.cantonmercy.org/>, <http://www.heart.org/>, <http://www.health.harvard.edu/>