



★ Give the Gift of Health

Balance Resource Article

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We are in the heart of the holiday season. Whether you celebrate 8 nights of Hannukah, 12 days of Christmas, or week long Kwanzaa, next week will bring lots of celebrating and merriment. For most of us, it will also involve lots of gift giving.

For those still on your list, or for those hard to please in your life, why not give the greatest gift there is ... the gift of health. There are many ways to integrate wellness into the lives of your loved ones. Our Balance trainers offer their favorite gift ideas for this holiday season:

For piece of mind:

Liz Harris' recommends: Muse - Meditation made easy with the Muse headband



www.choosemuse.com

“This is a great tool - for beginners or seasoned meditators. It offers beautiful guided meditations along with feedback about your brain activity during meditation!”

MUSE | THE BRAIN SENSING HEADBAND



BECAUSE... “the best present is presence”

From the Muse website: Muse is an EEG device widely used by neuroscience researchers around the world. It uses advanced signal processing to interpret your mental activity to help guide you. When your mind is calm and settled, you hear peaceful weather. Busy mind? As your focus drifts, you'll hear stormy weather that cues you to bring your attention back to your breath.

If one of your intentions for the New Year is to incorporate more meditation practice into your life, join the B Inspired Retreat in Palm Beach, January 9-12th. This experience is designed to create inspiring pathways to love and abundance. Each day's group activities will consist of meditation, exercise, yoga, reflection, and journaling.

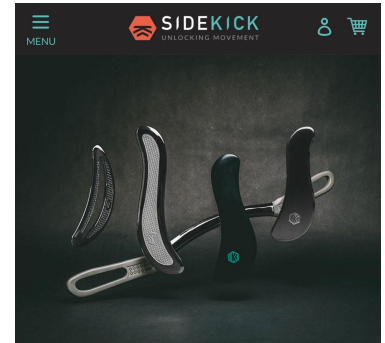
Click **HERE** for more information about the B Inspired Retreat.

For the athlete



Amy Carolla recommends: Sidekick - Recovery Tools Designed for Athletes
www.sidekicktools.com

“I bought this for my clients because it worked so well for me leading up to the marathon. Sara Hall (professional distance runner who spoke at Balance last year) promotes this product and it is incredible for recovery”



BECAUSE We all want to move better and recover faster

From the Sidekick website:

“Adhesions are built up from muscle overuse or injuries, Sidekick muscle scrapers release them, relieving muscle pain, increasing blood flow, and loosening your muscles”

You will put the Sidekick tool to good use during Amy’s new program she is leading for Spring 2020. Join her on the trails for the Spring Trail Training Challenge February 7-April 30. This 12 week training program will include running, trails, strength & recovery with the goal of completing two races this spring, the Tyler Arboretum 10k and the ULTRAROC 25k!

Click [HERE](#) For more information about the Spring Trail Training Challenge

For Self Care:



Alex Brazinski recommends: Foam Roller and Bodywork Gift-Certificate.

<https://triggerpoint.implus.com/product/grid-foam-roller>

“My two favorite gifts related to recovery that I enjoy giving people is a foam roller and a gift certificate for some type of bodywork, whether that be massage, stretch, acupuncture, or a spa treatment.

The foam roller is a great gift idea because it encourages the initiative to take care of your own body. I find that people who receive this gift really start to make foam rolling part of their daily routine for health and wellness because they start to feel

the benefits. I also love giving gift certificates because who doesn't love getting a chance to relax and get little bodywork done? Giving a free pass for recovery, "me-time," and self-care is always appreciated"

BECAUSE: Who doesn't love a little "me time"?

From the Triggerpoint website: The GRID® Foam Roller, the original hollow core roller, features a patented multi-density foam surface that delivers firm compression like a sports massage while channeling blood and oxygen needed to repair muscles. The GRID® Foam Roller is the 'go-to' roller to release muscle pain and tightness, improve mobility, increase circulation, and is recommended by sports doctors, chiropractors, and physical therapists.

Firm compression, designed to mirror a massage therapist's hand

High & Firm
Like the finger tips

Tubular
Like the fingers

Low & Flat
Like the palm



For bodywork gift cards, you can purchase gift cards for sessions with Alex and Chad through Philly Sports Acupuncture (www.phillysportsacupuncture.com/).



For the Foodie:

Susan Brown, integrative nutrition coach, recommends - Green Pan and Zonli weighted blanket.

Dr. Renata Burigatto recommends: Nutribullet and a Slow Cooker.



www.greenpanus.com

<https://www.amazon.com/ZonLi-Cooling-Weighted-Blanket-130-160/>

"I would recommend a set of new cookware - GreenPan. Non-stick cookware without the use of toxic chemicals - no PFAS, PFOA, lead or cadmium and never releases toxic fumes when overheated. Available on Amazon or at Target.

From the GreenPan website: GreenPan is a Belgian brand with an international reputation. ... Upon discovering that traditional non-stick



pans released toxins when overheated and used PFOA during the manufacture of the coating, they set out to create a new alternative. After a long search, they found the perfect material for their range: a ceramic coating called Thermolon. They designed cookware that looks beautiful, performs brilliantly and makes cooking even more of a joy.

“Zonli Weighted blanket - my favorite tool to help ease anxiety, insomnia and produce more restful sleep. Better more restorative sleep is often the missing link people forget when working on their health goals. ”

<https://www.nutribullet.com/shop/blenders/nutribullet>

<https://www.amazon.com/Crock-Pot-SCCPVL610-S-6-Quart-Programmable-Stainless>

“I like the Nutribullet with the small cup for easy, single serving dips and a slow cooker for soups and easy prep meals”.

BECAUSE ... 80% of fitness is nutrition..

Susan Brown, nutrition coach, and Dr. Renata Burigatto, functional medicine specialist, are running their program, NOURISH, January 6-March 23. The goal of this 12 week program is to help clients effect change on a cellular level to reduce inflammation, to shed weight, to improve mood and energy and to prevent disease. You can put your GreenPan cookware and Nutribullet to work as you learn the tools necessary to create healthy, anti inflammatory meals.



Click [HERE](#) for more information about NOURISH.

For Recovery:



Robin Bandura recommends: The stretch out strap and the hypervolt massager.

The stretch out strap is great for assisting people who are super tight. The hypervolt percussion massage device combines vibration and percussion to relax muscles.

<https://www.amazon.com/Original-Stretch-Strap-Exercise-OPTP>

<https://hyperice.com/hypervolt>



From Hypervice website: The Hypervolt was built to reinvent the massage experience, giving everyone the ability to Move Better. Featuring our lightweight durable ergonomic design you can take the comfort of relaxation on-the-go.

Because: Flexibility prevents injury and improves Balance



Schedule physical therapy, pilates training or recovery sessions with Robin through ONPOINTE at www.onpointept.com.

For the Boxer:



Aamir Poindexter recommends: Boxing Headband Reflex Ball.

“You can take it anywhere and it works on your reaction speed and hand-eye coordination.”

<https://www.amazon.com/TEKXYZ-Difficulty-Headband-Reaction-Coordination>

From Tekkyz website: LIGHTER, SOFTER and SAFER - We specifically designed it to be much lighter and softer than the tennis ball, so it is grove-free, and everyone can enjoy it without any worries about hitting yourself in the faces, eyes, noses, and fists as well, it's much safer!

BECAUSE.... “Float like a butterfly, sting like a bee”

Aamir has started his Rock Steady boxing class at Balance. This is a unique exercise program, based on training used by boxing pros, and adapted to people with Parkinson’s disease. Participants must meet for consultation with Aamir before beginning the class. For more information, please click [here](#).



You can also join Aamir for B Fit Boxing Tuesdays @ 6pm and Saturdays @ 10am.
Balance Boxing HiiT Tuesdays @ 9:30am.

For Your Balance

Of course, our gift guide would not be complete without mentioning that Balance Gift Cards for group fitness or personal training are the perfect present for that family member or friend you have been trying to get to the gym with you.

Take advantage of the Holiday Sale through December 24th.



Last but not least ... For You

Hopefully these ideas are just the right thing for someone in your life. The holidays are a time of celebration but can also be a time of stress. Don't forget that it is important to put on your own oxygen mask before helping others. Attending to your own wellness needs will help you meet the demands of the next few weeks and will also provide a good example for those around you. So maybe one of these ideas can be a "self care" gift for yourself.

Wishing you a Happy, Merry and Bright Holiday.