



HEALTHY LIFESTYLE

THE HOLIDAY GIFT-GIVING GUIDE FOR A HEALTHIER LIFESTYLE

By *Your Health Staff*

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With the holidays in full swing, Healthier 901 wants to help you check the last few names (or all the names—we're not judging!) off your holiday shopping list and finish this season strong. We've pulled together 12 gift ideas geared toward healthy living and a higher overall quality of life, making investing in your loved ones' health and well-being easier than ever.

Give the Gift of Health and Wellness This Holiday Season

"When you give a gift that promotes health—whether it's encouraging physical activity, healthier eating or better sleep quality—you're not just giving an item; you're offering the recipient an opportunity to improve their personal wellness," said Tabrina Davis, spokesperson for Healthier 901 and Methodist Le Bonheur Healthcare. "Gifts oriented around healthy living are a thoughtful way to show someone you care about their long-term happiness and longevity."

12 Holiday Gift Ideas to Support Healthier Living

So if you're still checking your list twice, looking to dazzle in Dirty Santa or struggling to come up with that perfect gift for a hard-to-shop-for friend or family member, look no further than the 12 fitness-friendly, heart-healthy, wellness-inducing items listed below:

1. Stay Hydrated with a Reusable Water Bottle

Hydration is critical to good health, and a reusable water bottle is a great way to help your loved one get plenty of H₂O while cutting down on landfill waste. Givers of this gift will find options that fit a wide range of budgets, as well as special features such as [built-in fruit infusers](#) (naturally flavored water? Yes, please!) and ["smart" bottle technology](#) to track hydration and remind users to drink up.

2. Relieve Muscle Tension with Massage Balls

Who said healthy living is only about the burn? [Massage balls](#) are ideal for relieving muscle pain and easing tension in the body, whether caused by exercise or sitting for lengthy periods of time. This gift is also great for increasing the range of movement and improving blood circulation—both excellent gains for the heart and other muscles.

3. Get Fit on the Go with Fitness Resistance Bands

When you want to give a gift that's lightweight, versatile and great for workouts at home and on the go, look no further than [fitness resistance bands](#). These bands are a super affordable addition to any exercise routine, and their versatility means they can be adapted to fit any range of motion and ability level, making them a great gift for anyone interested in fitness.

4. Pack a Healthy Lunch with a Reusable Lunch Bag

For the BYO lunch folks on your list, consider gifting a [reusable lunch bag](#) to encourage meal prep and planning. These modern lunch boxes come with a variety of cool and useful features, ranging from microwave-safe metals (for real!) to freezer-friendly insulation, making meal prep and planning more convenient. This gift is also a win for the environment, which is a plus.

5. Make Healthy Eating Easy with a Salad Spinner

Want to make it easier than ever for your loved ones to eat heart-healthy, life-giving greens? Surprise them with a [salad spinner](#) this season to simplify the rinsing and prep process.

6. Enjoy a Guilt-Free Snack with an Air-Popped Popcorn Popper

This present is sure to please anyone who loves popcorn but also needs to cut back on oil and butter. Air-popped popcorn is one of the healthiest snacks around, and it is a welcome whole grain. Check out [hot-air popcorn poppers](#) from as low as \$18 to delight the salty snack lover in your life.

7. Improve Sleep Quality with a Sleep Mask

Good sleep is essential to good health—and a deluxe sleep mask might be just the ticket for anyone who tosses and turns at night. These [sleep masks](#), priced as low as \$6 (with fancier, Bluetooth-enabled models in the mix), could be a game changer for those on your list who could use more solid sleep.

8. Enhance Your Yoga Practice with Yoga Blocks, Straps, and Props

While yoga may appear to be between you and the mat, many forms of yoga incorporate plenty of props into the practice—including [yoga blocks](#), bolsters, straps and more. Using props helps to enhance flexibility and provides added support, which might be a perfect match for someone recovering from an injury or new to the practice.

9. Grow Your Own Herbs with an Indoor Herb Growing Kit

Surprise the culinary enthusiast on your list with the means to grow their own herbs indoors. An [indoor herb garden](#) can translate to fresh herbs for cooking year-round, which is both a delicious and health-forward addition to any household.

10. Discover Healthy Snacking Options with a Healthy Snack Subscription Box

Shopping for a snack enthusiast? Put the power of healthy snacking directly in their hands with a [healthy snack subscription box](#), delivering nutritious snacks, such as nuts and dried fruits, right to your recipient's door.

11. Make Healthy Eating Easy with a Food Scale

For a friend or family member looking to seriously move the needle around food preparation practices, a digital food scale could be an awesome addition to their kitchen. And, with the top-rated item weighing in at just \$13, it's a gift as cost-effective as it is practical.

12. Track Your Fitness Journey with a Fitness Tracker

Wearable [fitness trackers](#) can greatly benefit those on any leg of a wellness journey. When used to full effect, these devices motivate wearers to move more, sleep better and stay healthier.



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Homemade Gifts and Free Resources for a Healthier You

If homemade presents are your preference, consider making a coupon book of non-food rewards for a loved one on a weight loss journey, or simply offering them the gift of quality time together. You can also [share a free Healthier 901 membership](#) with everyone on your list, a gift that keeps giving all year. We wish you success with the rest of your shopping and hope you have a happy, healthy holiday season!

You can create an account for free at www.healthier901.com for any tips to help you stress less, sleep better or manage burnout amidst the hustle and bustle.

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