

## GIFTS FOR

*the athlete*

Choosing to be active is more than a hobby for some. It's a lifestyle. Support the athlete in your life by gifting him athletic essentials he can use during practice, competition or just for fun.

Here are just a few ideas for any fitness enthusiast:

**THE "HANDMADE"**

Every athlete needs a great playlist. Take this as a personal challenge and put together a motivating playlist that will keep your athlete focused and inspired. Don't forget "cool down" music, as well as instrumentals and nature sounds for the yoga enthusiast.

If the person you care about loves being in nature, consider purchasing inexpensive trail maps and highlight great walks. This includes markers for where to stop and enjoy a great view.

This gift takes considerable time to put together but will be worth it when you see the look on your loved one's face.

**SURE TO PLEASE**

If you are a bit unsure of what direction to go, never underestimate the thrill of new gear. This could be a new gym bag, an eco-friendly no-spill water bottle, a yoga mat or clothing.

If you go the clothing route, consider what the item will be used for, as this will dictate fit and fabric. If you are buying for a runner, tight-fitting moisture-wicking fabrics are best, whereas you will want to find looser clothing for yoga to allow for movement.



If you are more of an "experience" giver, gift the athlete in your life a trial membership to a hot gym. If she already belongs to a gym, consider gifting classes that generally don't come with a membership, such as spinning classes.

Remind your athlete to take care of his body by gifting a massage. Fitness buffs thoroughly work their muscles, so help them unwind and relax with a massage. Most clinics and spas offer deep-tissue massages, which help relieve chronic muscle tension.

**IF YOU'RE PREPARED TO SPLURGE**

A wearable hi-definition sports camera is perfect for the hyper-active. Not only can these cameras create awesome videos that your athlete will want to watch over and over again, but they can be invaluable for training.

This type of action-capturing camera can help her learn which mistakes she's making and how to correct them.

## HOLIDAY TRADITIONS | FAMILY

*Reconnect*

WITH LOVED ONES

**A**s families grow, loved ones may become spread across the country due to their career, educational pursuits or general life changes. If you're lucky enough to be near all of your loved ones this Christmas season, hopefully you have your traditions set and are ready to enjoy them together.

For those hoping to reconnect with loved ones living far away, there are many ways to do so this Christmas. This time of year is perfect for re-establishing relationships with family members and starting new traditions together, and there are many ways to make this happen.

Technology has closed the gap when it comes to communicating with those living on the other end of the state, country or world. All you need is a reliable Internet connection and a computer to get started.

There are a wide variety of online video chat tools, including Skype, that are both free and effective when it comes to connecting with faraway family members over the Internet. You will need to fill out a free account online with your email address and a password to get started.

Once you have an account, you can invite others in your network to join you on the platform, and you can have live video chats with them from hundreds or thousands of miles away. These online tools are perfect for reconnecting often with loved ones you haven't seen in a while, as well as for keeping relationships strong between grandchildren and grandparents who may be geographically separated.



FaceTime

