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**This Mother's Day -- Give The Gift Of Fitness**

**By Lynn Bode**

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Do you know a Mom that deserves a special gift this year for Mother's Day? I'm sure you know at least one, if not more. Sure, flowers can always brighten a Mom's day and a dinner out is always appreciated. But, doesn't she deserve something more personal, something that won't wilt and something that lasts longer than an evening? This year give that special woman a gift that will improve her well being.

I'm talking about the gift of fitness. Improved fitness is a gift that is invaluable to everyone. After all, what woman doesn't want to look better, have more energy, and be healthier? Plus, all Moms need to take time for themselves, but most are reluctant to schedule that "me" time. So, give them a gift that will help encourage them to enjoy some alone time .

When you give a woman the gift of fitness, you are helping her open a door to better health (both physically and mentally). I can't think of a more thoughtful gift that shows the recipient how much you care about their well being. By giving the gift of fitness you are providing them with unlimited health benefits. And, it's a gift that you can truly feel proud to give.

Of course, we all know that exercise can help people stay slim and fit. But, do you also know about all the other great benefits of exercising? Daily physical activity reduces stress and can help you sleep better. Fitness has been linked to reducing the risk of some diseases and to warding off depression. Researchers also believe that strength training can help prevent osteoporosis. Not to mention that exercise also improves self-esteem, increases stamina and ultimately helps you be able to do continuous work for longer.

All Moms would find these fitness benefits incredibly invaluable. If she is like most of us, she's probably even mentioned how she would like to drop a few pounds or just get in better shape. In fact, experts say that about 62% of Americans are currently on a diet. By giving the gift of fitness you are helping provide her with extra motivation (which is one of the biggest obstacles in getting fit). She may be more

## This Mother's Day -- Give The Gift Of Fitness

motivated to actually get fit because she doesn't want to feel guilty for ignoring such a thoughtful gift (personal training gift certificates and gym memberships are especially good for helping with motivation).

While fitness gifts are incredibly valuable, they don't have to be expensive. Gifts can cost as little as \$5 or range into the \$100s of dollars. Here are a few suggestions in the various price ranges:

Under \$15: Resistance Band Dumbbells Jump Rope Exercise Mat

\$15 – \$35 Fitness Ball Online Personal Training Program (custom designed for the gift recipient)  
Home Exercise Video Heart Rate Monitor

Over \$35 Full dumbbell and barbell set Treadmill Bicycle Yoga Kit

Giving something that supports health and wellness will be appreciated for years to come and may even turn someone's life around. The gift of fitness will make her feel special - she'll know that someone cared enough to give her the opportunity to improve her health. And, giving a gift that will help someone lead a healthier life is also one of the most rewarding gifts you can give. So why spend another Mother's Day searching for the perfect gift only to end up with the same old things? Surprise her this year and give the gift that comes from the heart and truly keeps on giving throughout summer and beyond.

Want to enjoy the benefits of improved fitness for yourself? There's no need to wait for someone to give you the gift of fitness. Treat yourself to a special fitness gift - you deserve it!

Written by Lynn Bode, founder of

. Workouts For You provides affordable online

exercise programs to help even the busiest of Moms lose weight, tone-up, build muscles, increase stamina and more via the Internet. Get fit either at or away from home. Let our certified trainer guide you one-on-one through your fitness journey. Visit:

for a free sample

workout.

### **Unique Gift Ideas -- The Gift Of Fitness**

**By Lynn Bode**

Well, it's almost that time of year again - the holiday shopping season is just around the corner. Have you thought about what you are going to give those people on your "hard to shop for" list? Instead of another tie for your dad or music CD for your sister, why don't you give them a truly unique and

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invaluable gift? I'm talking about the gift of fitness.

The gift of fitness is something that you can give to just about everybody on your shopping list, from your parents, to your spouse, a friend, your siblings, an employee or co-worker, even your children. And it's a gift that is invaluable to everyone. After all who doesn't want to look better, feel better, and be healthier?

And, it's a gift that you can truly feel proud to give. When you give someone the gift of fitness, you are helping him open a door to better health (both physically and mentally). I can't think of a more thoughtful gift that shows the recipient how much you care about their well-being. By giving the gift of fitness you are providing them with unlimited health benefits.

Of course, we all know that exercise can help people stay slim and fit. But, do you also know about all the other great benefits of exercising? Daily physical activity reduces stress and can help you sleep better. Fitness has been linked to reducing the risk of some diseases and to warding off depression. Researchers also believe that strength training can help prevent osteoporosis. Not to mention that exercise also improves self-esteem, increases stamina and ultimately helps you be able to do continuous work for longer.

I bet a lot of people on your shopping list would find these fitness benefits incredibly invaluable. If the people on your list are like most of us, they've probably even mentioned how they want to drop a few pounds or just get in better shape. In fact, experts say that about 62% of Americans are currently on a diet. By giving the gift of fitness you are helping provide them with motivation (which is one of the biggest obstacles in getting fit). They may feel more motivated to actually get fit because they don't want to feel guilty for ignoring such a thoughtful gift (personal training gift certificates and gym memberships are especially good for helping with motivation).

While fitness gifts are incredibly valuable, they don't have to be expensive. Gifts can cost as little as \$5 or range into the \$100s of dollars. Here are a few suggestions in the various price ranges:

Under \$15: Resistance Band (also makes a great stocking stuffer) Dumbbells Jump Rope (also makes a great stocking stuffer) Exercise Mat

\$15 – \$35 Fitness Ball Online Personal Training Program gift certificate (Workouts For You offers custom designed programs for only \$20) Home Exercise Video (also makes a great stocking stuffer) Heart Rate Monitor

Over \$35 Full dumbbell and barbell set Treadmill Bicycle Yoga Kit

Giving something that supports health and wellness will be appreciated for years to come and may even turn someone's life around. The gift of fitness will make the recipient feel special - they'll know that someone cared enough to give them the opportunity to improve their health. And, giving a gift that will help someone lead a healthier life is also one of the most rewarding gifts you can give. So why spend another holiday season searching for the perfect gift only to end up with the same old things like gift certificates or socks or books? Surprise everyone this year and give the gift that comes from the

## This Mother's Day -- Give The Gift Of Fitness

heart and truly keeps on giving throughout the New Year and beyond. And don't forget yourself - you deserve the gift of fitness too!

Lynn Bode is owner of

an Online Personal Fitness Training company.

Workouts For You offers online exercise programs for weight loss, strength training, nutritional planning and race training. Personalized programs can be designed for all fitness levels.

The programs are customized to meet your individual needs and lifestyle (based on the extensive profile you provide when enrolling) and include a motivational accountability system and a huge library of exercise technique demos. You receive all the trainer benefits without the expensive price, and you can workout wherever and whenever you want.

To receive a FREE, no-obligation fitness evaluation, visit us at

. Need a quick

gift --we provide gift certificate delivery within 24 hours of purchase.

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