



2015 HOLIDAY GIFT GUIDE: GIFTS FOR THE RESOLUTIONIST



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Have someone on your shopping list with a New Year's Day goal to get fit? Or maybe someone who never works out but wants to give it a try? Cheer them on toward a healthier 2016 with this list of gifts to get started and stick with it.

1. **Fitbit Charge HR Wireless Heart Rate, Activity & Sleep Band (Purple)** (<http://d.sg/J9H>)

Help the resolutionist on your gift list track heart rate, activity and sleep 24/7, right from his or her wrist. And a bonus: When using Move, the newest feature in the DICK's Sporting Good's app, your giftee can earn DICK's ScoreCard reward points for achieving activity goals. It's a fitness gift with built-in motivation.

2. **Lifefactory 22 ounce Glass Water Bottle with Straw** (<http://d.sg/J9J>)

Hydration is essential to a healthy lifestyle, and this stylish water bottle can help. Whether the recipient is at the gym, at the office, on the road, or at home, this spill-proof glass bottle with straw makes sipping all day long easier than ever.

3. **Polo Sport Nylon Sport Duffel Bag** (<http://d.sg/J9K>)

Give him an easy way to take his workout gear to and from home with this four-pocket duffel bag. When not in use, this lightweight bag packs into its own pocket for convenient storage.

4. **Under Armour Women's Big Wordmark Tote (Veneer)** (<http://d.sg/J9M>)

Comfort and style pair up in this super-spacious bag offering the right amount of room to store workout gear, shoes, personal items and more. The large top opening makes it easy to pack or grab everything she needs.

5. **Trigger Point 13" The GRID Foam Roller** (<http://d.sg/J9N>)

New Year's fitness resolutions often lead to sore muscles. Help relieve aches and pains with a massaging roller that can help prevent injury while also improving recovery. This one features a grid-like pattern with Matrix technology to simulate massage.

6. P90X Pro Grip 26" Exercise Ball (<http://d.sg/J9P>)

Give the gift of stronger abs with an exercise ball that can help strengthen core muscles and increase overall stability. A textured surface delivers maximum control and handling, while a durable design holds up even on the toughest sessions in a home gym or studio.

7. TRX Home Fitness Kit (<http://d.sg/J9Q>)

For the person on your list who's not into the gym scene but still wants to get in shape, this in-home fitness kit is just the perfect gift. The kit includes a Suspension Trainer, door anchor, an intense eight-week workout program and six bonus workouts that only take 15 to 30 minutes to do each day.

8. Fitness Gear Speed Jump Rope (<http://d.sg/J9R>)

This is the gift for anyone looking to jump into a healthier lifestyle, offering a total body workout anywhere, anytime. Your giftee can use this speed rope to strengthen and tone legs, shoulders and arms, all while building endurance. It doesn't get much simpler than that.

9. CALIA by Carrie Underwood 5mm Yoga Mat (<http://d.sg/J9S>)

This super-soft mat protects the body on all kinds of surfaces, delivering incredible comfort for yoga poses, total-body stretches or bodyweight exercises.

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Mother's Day is right around the corner (mark your calendars: May 10!). There's no better gift ...