

It's All About Balance: Eat Smart, Move More, Rest Well

4 Fun Ways to Give Moms the Gift of Fitness

Give the gift of time and companionship.

One of the best ways to help someone get moving is to go with them. People are more likely to stick with an activity if they know someone else will be there. Plus, almost anything is more fun when you have a family member or friend to do it with you. Children can make gift certificates for weekly bike rides or daily walks in the neighborhood. Adults can give the gift of training together for an upcoming event, like a walkathon for a favorite charity.



Give the gift of aerobics.

Think about the ways that your favorite mom likes being active. Give her a gift to support that activity. Maybe she needs a new pair of walking shoes. Maybe the gift of a different kind of aerobic activity that you and she could do together. Try ballroom or belly dancing lessons. Active clothing - comfortable, breathable and in her favorite colors - is always a good choice. For a super simple gift, pick out athletic socks with a fun design.

Give the gift of strength.

Building strong muscles isn't just for bodybuilders and Olympic weight lifters. Moms also need strength for their everyday activities. They carry children, and lug laundry baskets and grocery bags. Help the moms in your life have fun getting stronger with some hand weights or a set of exercise bands. Kick her fitness program into high gear with the gift of personal training sessions. You can double the fun by going to the sessions with her!

Give the gift of flexibility and balance.

Most moms have hectic and stressful lives, especially when their children are small. Any physical activity can help with stress reduction. It also gives moms a breather from all their tasks. Yoga, Pilates and Tai Chi classes are some of the best at relieving stress. They promote flexibility and balance at the same time. For gift ideas, try a certificate for classes, a DVD for home use, a yoga mat or a balance ball. Better yet, promise to baby sit while she has some time for herself.

Need some free tips and support for a more active lifestyle? The American Heart Association has a free online physical activity program for women at www.choosetomove.org/. There are 12 weeks of motivating tips and information. You will also find the personal stories of seven real women and their workout goals.



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