

gift ideas for health and wellness

Gift Ideas for Health and Wellness: Spoil Your Loved Ones (and Yourself!)

Finding the perfect gift can be tough. But what if that gift could also contribute to someone's overall health and well-being? This isn't about boring gym memberships or bland kale smoothies. We're talking about thoughtful, inspiring presents that promote self-care and encourage a healthier lifestyle. This comprehensive guide is packed with unique gift ideas for health and wellness, catering to various budgets and interests. Whether you're shopping for a fitness fanatic, a stressed-out friend, or even treating yourself, you'll discover something special here.

For the Mindful Yogi: Peace & Serenity in a Package

For the friend who finds solace on the mat, consider gifts that enhance their yoga practice. A beautiful, eco-friendly yoga mat is always appreciated. Look for mats made from sustainable materials like natural rubber or jute. Pair it with a set of high-quality yoga blocks and straps to deepen their practice and prevent injuries. A stylish yoga bag makes carrying their gear easier and adds a touch of elegance. Consider adding a guided meditation app subscription or a calming essential oil diffuser to complete the mindful gift package.

Tech-Savvy Wellness: Wearable Wonders & Smart Devices

The wearable tech market explodes with options for tracking fitness, sleep, and even stress levels. A fitness tracker or smartwatch can be a fantastic gift idea for health and wellness. These devices monitor steps, heart rate, sleep quality, and even provide guided workouts. Choose a device that suits your recipient's tech comfort level and fitness goals. Consider smart scales that track body composition beyond just weight, providing a more holistic view of their health. Remember to choose reputable brands known for their accuracy and user-friendly interfaces.

The Pampered Path: Luxurious Self-Care Treats

Self-care is crucial for well-being, and luxurious products make it even more enjoyable. A high-quality essential oil diffuser with a selection of calming scents (lavender, chamomile, eucalyptus) creates a spa-like atmosphere at home. A luxurious bath bomb set or a plush, oversized bathrobe will transform bath time into a relaxing ritual. Consider adding a high-end body lotion or a face mask to complete the pampering experience. This category offers numerous gift ideas for health and wellness that focus on relaxation and rejuvenation.

Fueling the Body: Healthy Eating & Nutrition Gifts

Health starts with what we eat. Gifts that support healthy eating habits are always appreciated. A subscription box filled with organic snacks and healthy

treats is a fun and convenient way to encourage better choices. A high-quality juicer or blender can help them easily prepare nutritious smoothies and juices. Consider a cookbook focused on healthy recipes or a set of beautifully designed meal prep containers to simplify meal planning. These practical gift ideas for health and wellness promote a positive relationship with food.

Active Adventures: Gear Up for Fitness Fun

For the fitness enthusiast, gifts that encourage activity are perfect. A new pair of comfortable running shoes, a stylish fitness apparel set, or a high-quality water bottle are practical and motivating. If they're interested in a specific activity like hiking or cycling, consider gear related to that, such as hiking poles, a bike helmet, or a fitness tracker designed for outdoor activities. These gift ideas for health and wellness focus on making physical activity more enjoyable and accessible.

Mind & Body Connection: Books & Workshops

Sometimes the best gifts are experiences. A workshop on yoga, meditation, or stress management can be a transformative gift. Consider a gift certificate to a local wellness center offering massage therapy, acupuncture, or other holistic treatments. Alternatively, a book on mindfulness, nutrition, or a specific fitness regimen can provide valuable knowledge and inspiration. These gifts offer lasting impact beyond the initial present.

Creative Calm: Arts & Crafts for Relaxation

Engaging in creative activities can be incredibly therapeutic and stress-relieving. A beginner's calligraphy set, a vibrant adult coloring book, or a pottery class gift certificate can be fantastic gift ideas for health and wellness. These activities encourage focus and mindfulness, offering a welcome break from the daily grind. Consider the recipient's artistic interests when making your selection.

The Gift of Time: Experiences That Revitalize

Sometimes, the best gift is the gift of time. A massage gift certificate, a weekend getaway to a quiet retreat, or even a gift certificate for a house cleaning service can significantly reduce stress and promote relaxation. These gift ideas for health and wellness focus on providing time for self-care and rejuvenation.

Conclusion:

Choosing a gift that promotes health and wellness is a powerful way to show you care. This guide provides a diverse range of ideas, ensuring you find the perfect present for every individual on your list. Remember to consider the recipient's interests, lifestyle, and personal preferences to select a gift that truly resonates with them. The most valuable aspect is the thoughtfulness behind the gesture, promoting a healthy and fulfilling life.

FAQs :

1. What are some budget-friendly gift ideas for health and wellness? A great option is a beautiful herbal tea selection, a calming essential oil roll-on, or a self-care journal.
1. Where can I find unique health and wellness gifts? Explore online marketplaces like Etsy, specialized health and wellness stores, or even local artisan shops.
1. What if the person I'm gifting already has everything? Consider gifting an experience, such as a yoga class or a massage, or a subscription to a wellness app.
1. How can I make my gift more personalized? Add a handwritten card expressing your care and consideration. You can also tailor the gift to their specific interests or health goals.
1. What if I'm unsure what they'll like? A gift certificate to a health food store or a wellness center allows them to choose what they need and want.

gift ideas for health and wellness: *Words to Live By* , 2020-05-05 *Words to Live By* is a gorgeous book of 50 illustrated quotes by 50 inspiring women. Discover intelligent and powerful quotes such as: Optimism is the faith that leads to achievement by Helen Keller, Turn your wounds into wisdom by Oprah Winfrey, Every great dream begins with a dreamer by Harriet Tubman, and more. This visually stunning book is filled with Jade Purple Brown's custom illustrated typography, alongside her bold, colorful illustrations of women, nature, and more. • A smart, positive, empowering collection of quotes by female role models • The ultimate book for women • Jade Purple Brown's modern and cool illustration style illuminates these uplifting and positive quotes by remarkable women. Keep this lovely ebook close at hand for a dose of strength and inspiration, whenever you need it. A great book for Mother's Day, Women's History Month, birthdays, and graduations Perfect for those who loved Great Quotes from Great Women: Words from the Women Who Shaped the World by Peggy Anderson, Beautifully Said by Quotabelle, and Badass Affirmations: The Wit and Wisdom of Wild Women by Becca Anderson

gift ideas for health and wellness: **The Simply Real Health Cookbook** Sarah Adler, Jasmine Pulley, Kristin McCleerey, 2015-02-24 This stunning collection of a cookbook, by Sarah Adler of loved simplyrealhealth.com, was created for one reason: to simplify healthy eating with real food recipes that are easy, simple and delicious, so that more people can eat better, feel healthier and free up their life for the things that matter most. With 150 beautifully photographed, naturally

gluten free and 100% whole food based recipes, this cookbook inspire the way you shop, cook and live- in a easy and approachable way!

gift ideas for health and wellness: The More or Less Definitive Guide to Self-Care Anna Borges, 2019-11-01 Some days you need a pick-me-up, some days you need a life preserver. "For most of us," writes Anna Borges, "self-care is a wide spectrum of decisions and actions that soothe and fortify us against all the shit we deal with." You may already practice some form of self-care, whether it's taking an extra-long shower after a stressful day, splurging on a ~fancy~ dinner, or choosing Netflix over that friend-of-a-friend's birthday party. But when life gets so overwhelming that you want to stay in bed, some more radical care is crucial to maintain your sanity. The More or Less Definitive Guide to Self-Care is here to help you exist in the world. Borges gathers over 200 tips, activities, and stories (from experts and everyday people alike) into an A-to-Z list—from asking for help and burning negative thoughts to the importance of touch and catching some Zzz's. Make any day a little more OK with new skills in your self-care toolkit—and energy to show up for yourself.

gift ideas for health and wellness: Fitness Dice Chronicle Books, 2020-08-18 For fitness lovers of all levels, this handy kit includes 7 wooden dice and an instructional booklet with 36 different exercises--offering a fun and effective way to get a full-body workout at home or on the go. Each die represents a different area of focus: lower body, upper body, chest and back, core, cardio, full body, and number of reps/time. Simply roll the dice to generate a workout sequence or to add variety to an existing routine. With thousands of possible combinations and options for making exercises easier or more challenging, Fitness Dice is guaranteed to keep workouts fresh and exciting. No props or equipment needed! INCLUDES: 7 wooden dice, an instructional booklet with explanations for 36 different exercises-at a lower price point than many other fitness products. GET A FULL-BODY WORKOUT AT HOME, NO EQUIPMENT NECESSARY: Roll the dice for a unique fitness routine every time. You don't need any weights, props, or machines--just your own body! THOUSANDS OF POSSIBLE COMBINATIONS: The dice cover various body parts and types of exercises (cardio, back, arms, legs, etc.), and determine the number of reps and duration. With more than 45,000 workout possibilities, you'll never have to do the same one twice! TAKES THE INTIMIDATION OUT OF WORKING OUT: No matter your fitness level, these dice will create a great workout. And the included booklet will guide you through each exercise as well as offer tips on stretching, warming up, and cooling down. GREAT FOR BUSY FOLKS ON THE GO: No need to worry about getting to the gym or a workout class; fit in an efficient workout whenever and wherever! FUN, UNIQUE GIFT OR SELF-PURCHASE FOR FITNESS FANS: Great for men and women, health-conscious folks, fans of other quick routines like the 7-Minute Workout, and beginners as well as more advanced athletes.

gift ideas for health and wellness: Health Education Ideas and Activities Roger F. Puza, 2008 Health Education Ideas and Activities contains these time saving features: Specific ready-to-use assessments for easily building accountability into your teaching; Over 200 handouts and 20 tests; A handy CD-ROM containing all the reproducibles for quick access; A lesson idea finder for quickly locating the content you need.

gift ideas for health and wellness: Root & Nourish Abbey Rodriguez, Jennifer Kurdyla, 2021-04-06 Embrace the ancient healing power of plants with more than 100 whole-food, plant-based, gluten-free herbal recipes, designed around the most common health concerns of modern women.

gift ideas for health and wellness: Don't Worry Shunmyo Masuno, 2022-04-05 Discover why 90% of your worries won't come true in this highly practical, internationally bestselling guide by the renowned Zen Buddhist author of The Art of Simple Living and How to Let Things Go. Think of a time when you were worried about something, but then you suddenly realized how insignificant it was. Isn't it amazing how much lighter you felt? The key is to focus only on the here and now. By doing so, you free yourself from unnecessary anxiety, and your mind will be at peace. In Don't Worry, you will learn to: Lesson #1: stop comparing yourself to others—90% of your obsessions will disappear; Lesson #4: remove unnecessary things from your life and make your life absolutely

simple; Lesson #10: stop seeking, stop rushing, stop obsessing; Lesson #11: interpret things positively—you are the one to decide whether you are happy or not; Lesson #14: stop taking in too much information; Lesson #19: take a break from competition—it's the Zen way of avoiding anxiety; Lesson #24: act instead of worrying—things will definitely work out better. By following this book's 48 simple lessons—and taking to heart the nearly 30 zengo, or Zen sayings, quoted throughout—you'll enjoy a calmer, more relaxed, more positive version of yourself. A PENGUIN LIFE TITLE

gift ideas for health and wellness: For You When I Am Gone Steve Leder, 2022-06-07 New York Times and Los Angeles Times bestseller! From the bestselling author of *The Beauty of What Remains*, a guide to writing a meaningful letter about your life. Writing an ethical will, a document that includes stories and reflections about your past, is an ancient tradition. It can include joy and regrets, and ultimately becomes both a way to remember a loved one who is gone and a primer on how to live a better, happier life. Beloved Rabbi Steve Leder has helped thousands of people to write their own ethical wills, and in this intimate book helps us write our own. Because our culture privileges the material over the spiritual, we sometimes forget that our words carry greater value than any physical thing we can bequeath to our loved ones. Rabbi Leder provides all the right questions and prompts, including: What was your most painful regret and how can your loved ones avoid repeating it? When was a time you led with your heart instead of your head? What did you learn from your biggest failure? Including examples of ethical wills from a broad range of voices—old and young, with and without children, famous and unknown—*For You When I Am Gone* inspires readers to examine their own lives and turn them into something beautiful and meaningful for generations to come.

gift ideas for health and wellness: *The Light We Give* Simran Jeet Singh, 2024-07-02 A National Bestseller "I love this book... It is rich in wisdom, religious and personal, and it is absolutely charming." —Anne Lamott, author of *Dusk, Night, Dawn* and *Help, Thanks, Wow* An inspiring approach to a happier, more fulfilling life through Sikh teachings on love and service. As a boy growing up in South Texas, Simran Jeet Singh and his brothers confronted racism daily: at school, in their neighborhood, playing sports, and later in college and beyond. Despite the prejudice and hate he faced, this self-described "turban-wearing, brown-skinned, beard-loving Sikh" refused to give in to negativity. Instead, Singh delved deep into the Sikh teachings that he grew up with and embraced the lessons to seek the good in every person and situation and to find positive ways to direct his energy. These Sikh tenets of love and service to others have empowered him to forge a life of connection and a commitment to justice that have made him a national figure in the areas of equity, inclusion, and social justice. *The Light We Give* lays out how we can learn to integrate ethical living to achieve personal happiness and a happier life. It speaks to those who are inspired to take on positive change but don't know where to begin. To those who crave the chance to be empathetic but are afraid of looking vulnerable. To those who seek the courage to confront hatred with love and compassion. Singh reaches beyond his comfort zone to practice this deeper form of living and explores how everyone can learn the insights and skills that have kept him engaged and led him to commit to activism without becoming consumed by anger, self-pity, or burnout. Part memoir, part spiritual journey, *The Light We Give* is a transformative book of hope that shows how each of us can turn away from fear and uncertainty and move toward renewal and positive change.

gift ideas for health and wellness: *Your Fully Charged Life* Meaghan B Murphy, 2021-02-23 A high-energy guide to living with presence, optimism, and joy—one yay at a time! Ever wish you were one of those upbeat, positive people who embrace every day with a can-do mindset that motivates others and simply makes life more fun? Longtime magazine editor Meaghan B Murphy is one of those high-energy people—and she's here to share her secrets for finding more yay every day. *Your Fully Charged Life* is Murphy's practical guide to bringing your best self to every moment, even when the pressures of daily life leave you feeling overwhelmed, exhausted, and wallowing in negative thoughts (and a pint of your favorite gelato). Spanning health, work, family time, and more, this book reveals small changes in outlook and habits that yield big results, without ever sacrificing

who you are. Informed by the latest research in neuroscience, positive psychology, and inspiring examples of women and men who live fully charged every day, the book presents simple ways to: • cultivate gratitude--and pass it along • make meaningful connections with the people around you • learn to say no--so you can fill your days with things that matter to you most • recharge when you need it • spread the positive charge to others to make the world a happier, healthier place Going beyond platitudes and shallow Insta-inspiration, this inspiring and empowering book provides a blueprint for feeling less stressed and genuinely making the most of your every day.

gift ideas for health and wellness: *Be Not Afraid of Love* Mimi Zhu, 2022-08-23 “Radical and revolutionary.” —Jonny Sun, New York Times bestselling author of *Goodbye, Again* A collection of powerful interconnected essays and affirmations that follow Mimi Zhu’s journey toward embodying and re-learning love after a violent romantic relationship, a stunning and provocative book that will guide and inspire readers to lean into love with softness In their early twenties, Mimi Zhu was a survivor of intimate-partner abuse. This left them broken, in search of healing and ways to re-learn love. This work is a testament to the strength and adaptability all humans possess, a tribute to love. *Be Not Afraid of Love* explores the intersections of love and fear in self-esteem, friendship, family dynamics, and romantic relationships, and extends out to its effects on society and the greater political realm. In sharing their own intimate encounters with oppression, healing, joy, and community, Mimi invites readers to reflect deeply on their own experiences as well, with the intention of acting as a guide to undoing the hurt or uncertainty within them. In this heartrending and revolutionary book, Mimi reminds us, be not afraid of love.

gift ideas for health and wellness: *Complete Wellness* Neal's Yard Remedies, 2018-09-18 Enjoy long-lasting holistic health and prepare natural health remedies for common ailments with essential oils, herbal remedies, and pure foods. *Complete Wellness* delivers a head-to-toe guide to healing for every part of your body. Targeted instructions allow you to tap into the restorative powers of herbs and plants and their therapeutic essential oils and use tried-and-true, centuries-old herbal remedies to treat a host of common ailments. In addition to healing remedies, the book explores the key building blocks for optimizing health and well-being in each part of the body, pointing you to the top herbs, nutrients, and essential oils each area needs not only to stay well, but to reach the very peak of wellness--whether to boost circulation, enjoy glowing skin, balance gut flora, or maximize energy levels. Guidance is given on incorporating ingredients into everyday regimens, helping you to stay in optimal health. Follow step-by-step demonstrations on how to blend your own teas and tinctures; concoct all-natural-ingredient creams; create therapeutic aromatherapy oil blends; discover delicious recipes for wellness; and master a variety of other practical techniques and tips for lifelong well-being. Make the most of nature's resources with *Complete Wellness*.

gift ideas for health and wellness: *Mindfulness Cards* Rohan Gunatillake, 2018

gift ideas for health and wellness: *The Dude Diet Dinnertime* Serena Wolf, 2019-10-29 The author of *The Dude Diet* is back with 125 crowd-pleasing recipes to hack the daily dinner dilemma. In her cult-classic *The Dude Diet*, chef and recipe developer Serena Wolf dared to go where no healthy living cookbook had gone before: into the realm of dude food. From wings and nachos to burgers and pizza, Serena offered clean(ish) junk food makeovers that inspired dudes everywhere to put down the takeout menu and pick up a spatula. Now, *The Dude Diet Dinnertime* gives those same hungry dudes—and their families—dozens of drool-worthy main course dishes. In *The Dude Diet Dinnertime*, Serena gives you 125 foolproof recipes to satisfy every craving and please every member of the family. With soon-to-be classics like Super Sloppy Josés, Turkey Reuben Patty Melts, Chicago Dog Baked Potatoes and Chicken Parm Quinoa Bake, Serena shows comfort food fanatics and picky eaters alike how to get a delicious, nutritious, and filling dinner on the table without a fuss—and sometimes in 30 minutes flat. With easy-to-follow, step-by-step instructions, gorgeous food photography, and Serena’s one-of-a-kind voice and humor, *The Dude Diet Dinnertime* offers a fun and utterly satisfying answer to the eternal question: What’s for dinner?

gift ideas for health and wellness: *Fitness Junkie* Lucy Sykes, Jo Piazza, 2017-07-11 A GMA SUMMER MUST-READ! From the bestselling authors of *The Knockoff*, an outrageously funny novel

about one woman's attempt—through clay diets, naked yoga, green juice, and cultish workout classes—to win back her career, save her best friend, and lose thirty pounds. When Janey Sweet ... navigates topless yoga and ruthless cycling classes in Lucy Sykes and Jo Piazza's satire, she realizes she's better off without the green juice. —Us Weekly When Janey Sweet, CEO of a couture wedding gown company, is photographed in the front row of a fashion show eating a bruffin--the delicious love child of a brioche and a muffin--her best friend and business partner gives her an ultimatum: lose thirty pounds or lose your job. Sure, Janey has gained some weight since her divorce, and no, her beautifully cut trousers don't fit like they used to, so Janey throws herself headlong into the world of the fitness revolution, signing up for a shockingly expensive workout pass, baring it all for Free the Nipple yoga, and spinning to the screams of a Lycra-clad instructor with rage issues. As Janey eschews carbs, pays thousands of dollars to wellness gurus, and is harassed by her very own fitness bracelet, she can't help but wonder: Did she really need to lose weight in the first place?

gift ideas for health and wellness: Happiness Through Hardship Caryn Sullivan, 2019-06-29 Does your diagnosis have you desperate as to what to do next? Shocked, scared and practically paralyzed with your next steps? Help is here in this brilliant, quick and simplified book backed with the best advice from a two-time cancer survivor who walked in similar shoes. Like a good friend holding your hand, Caryn Sullivan's Happiness through Hardship is written in support of cancer patients, their caregivers and/or friends who need direction during the first few weeks after diagnosis. This cancer-surviving guide book empowers readers to take immediate steps for being prepared, less-stressed and able to find a little joy within the journey. Happiness through Hardship directs those facing an initial cancer diagnosis with positivity and hope. Structured with thoughtful tips and anecdotes, this short book provides gentle guidance from the first few days to the thickness of treatments, and includes a journal and note-taking pages to be used as a reference during doctor appointments and meetings. After her own cancer diagnosis, Caryn understands the importance of a book that's easily digestible and not overwhelmingly long. Her insight provides a little light during the darker days. The first few weeks after diagnosis are often most challenging. Caryn was blessed to have three angels, Ellen Cavauiolo, Mary Ann Wasil and Meghan Zucker guide her throughout the early days. This book is dedicated to them and half the proceeds will be donated to metastatic breast cancer research through The Cancer Couch Foundation.

gift ideas for health and wellness: The EatFit Cookbook Molly Kimball, 2019-10

gift ideas for health and wellness: *Quantum Wellness* Kathy Freston, 2009-04-07 An instant New York Times bestseller embraced and endorsed by such luminaries as Oprah Winfrey, Dr. Mehmet Oz, Ellen DeGeneres, and Marianne Williamson, Quantum Wellness is the breakthrough book that created a national trend. This life-changing guide teaches us how to reach our highest level of health and contentment through small, focused changes. Featuring a foreword by #1 New York Times bestselling author Dr. Mehmet C. Oz, Quantum Wellness will forever change the way readers approach healthy living.

gift ideas for health and wellness: Activating Happiness Rachel Hershenberg, 2017-12-01 It's not just big choices that can radically change our lives—sometimes it's the small ones. Activating Happiness offers powerful, evidence-based strategies to help you conquer low motivation, nix negative moods, and defeat depression by actively making positive choices in small, everyday moments. If you have depression or just suffer from low mood and lack of motivation, you know that your life isn't going to change with one grand, sweeping gesture. But you can make important decisions every day—whether it's getting off the couch and going for a walk, signing up for a course in pottery or screenwriting, or just setting aside some time to meet and chat with a good friend over coffee. These little things won't change your life all at once. But over time, they will shape the way you live and see the world and keep you on a path to wellness. In Activating Happiness, you'll find solid strategies based in behavioral activation and acceptance and commitment therapy (ACT) to help you break the cycle of avoidance, guilt, shame, and hopelessness that can take hold when you're feeling your lowest. Using this guide, you'll find little, doable ways to "show up" to your life, get the ball rolling, and start really feeling better, instead of just reassuring others. You'll learn to

set healthy goals for your body like eating and sleeping well, as well as healthy goals for your mind. Most importantly, you'll discover how to view your life through the lens of your own deepest values, which will spark a commitment to real, lasting change. The best thing about change is that you can start anywhere. By building a life—moment by moment—of rewarding behaviors that correspond to your values, you have the recipe for getting and staying well at your fingertips. This book will guide your way.

gift ideas for health and wellness: *Wellness by Design* Jamie Gold, 2020-09-01 Design your home to optimize your healthy lifestyle with this room-by-room guide from certified kitchen designer and wellness design consultant Jamie Gold. Residential designer Jamie Gold has spent years exploring how simple changes to things like lighting, fixtures, storage, and outdoor space can impact our health and wellness. In *Wellness by Design*, Gold offers a room-by-room guide to refreshing your space so that it supports your wellness journey. Good news, it doesn't require a yoga room and can be done in small apartments as well as large houses. This book explains how simple changes can make a huge difference in how you feel every day. You'll learn: - How to maximize accessibility and organization in your kitchen for faster, healthier, and more delicious meals. - How to make easy fixes to your ventilation system to help ease symptoms of asthma and allergies - How to optimize your home office to eliminate back, neck, and foot pain. - How to enhance your bathroom tub and shower spaces to support fitness goals and simplify family life. - And much more! It's time for your home to work as hard as you do to support your health. With the right organization and interior design, your home can help you maintain and improve your health in a variety of ways, from improving health and preventing disease to encouraging clean eating, sustainable living, safety, fitness, serenity, and joy. Whether you're building your dream home or decorating your new rental, this book will help you keep your fitness goals and stay on track for a long and healthy life.

gift ideas for health and wellness: *The Wellness Code* World's Leading Experts, 2012-02-01 Cracking The Wellness Code has been on our minds for a long time! Quotes on 'wellness' abound through the ages: The part can never be well unless the whole is well Plato Mankind has aspired to long life throughout the ages. He has long recognized that without 'sound mind' and a satisfactory 'quality of life' long life is not an attractive prospect. Philosophers and sages - including the unknown cynic who stated that 'Good health is merely the slowest way to die!' - have offered numerous solutions to this long-standing predicament. This is where the Celebrity Experts shine light on the subject. The Celebrity Experts in this book document the fact that healthy bodies and healthy minds are key ingredients to cracking The Wellness Code. In our lives, there are many different routes to Wellness for each of us. There is no panacea. Consequently, these Celebrity Experts focus on the most relevant areas, including: nutrition, diet and exercise, physical and mental health, medical considerations, career wellbeing and healthy habits. In the search for Wellness the Celebrity Experts discuss healthy living from the standpoint of balance, lifestyle and mindset. When you read this book, you will find numerous topics of interest written by those who have experienced positive results. The leading coaches in their subject matter have poured out their best tips that clients invest thousands of dollars to glean. This subject matter is set in a contemporary setting for twenty-first century relevance, so read and enjoy..... Mens sane in corpore sana. Juvenal (A sound mind in a sound body)

gift ideas for health and wellness: *Health, Wellness and Restoration* Denise Davis, 1998-11

gift ideas for health and wellness: *Drunk Yoga* Eli Walker, 2019-01-15 The OFFICIAL Drunk Yoga book by the rebel behind the viral phenomenon! The Drunk Yoga craze is taking over... not even your bookshelf is safe! The official Drunk Yoga book includes 50 fun (and funny!) variations on traditional yoga poses including: Merlot-sana Vino-yasa WERK-Sasana Shot-a-runga Sip-da-Vino-sana Malbec-asana Bottle-konasana and so much more! In addition, you'll learn the Drunk Yoga rules (so you don't make any pour decisions), partner activities (so you won't have to drink alone), hilarious fun facts, crazy stories from real Drunk Yoga classes, poems, drawings, and other fun surprises! Full of wine, yoga, jokes, and joy, Drunk Yoga is for the experienced yogi, the

average barfly, the social butterfly, and the wallflower who needs a few sips of liquid courage. It's about wine. And yoga. And not taking yourself too seriously. Already a huge hit for bachelor and bachelorette parties, birthday celebrations, and even office and team-building activities, this official book is founder Eli Walker's newest way to bring Drunk Yoga to you, wherever you are. Drink wine. Do yoga. Be happy.

gift ideas for health and wellness: Modern Comfort Food Ina Garten, 2020-10-06 #1 NEW YORK TIMES BESTSELLER • A collection of all-new soul-satisfying dishes from America's favorite home cook! ONE OF THE BEST COOKBOOKS OF THE YEAR: The New York Times Book Review, Food Network, The Washington Post, The Atlanta Journal-Constitution, Town & Country In Modern Comfort Food, Ina Garten shares 85 new recipes that will feed your deepest cravings. Many of these dishes are inspired by childhood favorites—but with the volume turned way up, such as Cheddar and Chutney Grilled Cheese sandwiches (the perfect match for Ina's Creamy Tomato Bisque), Smashed Hamburgers with Caramelized Onions, and the crispiest hash browns that are actually made in a waffle iron! There are few things more comforting than gathering for a meal with the ones you love, especially when dishes like Cheesy Chicken Enchiladas are at the center of the table. Old-fashioned crowd pleasers like Roasted Sausages, Peppers, and Onions are even more delicious and streamlined for quick cleanup. For dessert? You'll find the best Boston Cream Pie, Banana Rum Trifle, and Black and White Cookies you'll ever make. Home cooks can always count on Ina's dependable, easy-to-follow instructions, with lots of side notes for cooking and entertaining—it's like having Ina right there beside you, helping you all the way. From cocktails to dessert, from special weekend breakfasts to quick weeknight dinners, you'll find yourself making these cozy and delicious recipes over and over again.

gift ideas for health and wellness: The Everything Health Guide to OCD Chelsea Lowe, 2007-11-01 OCD sufferers have difficulty concentrating, and often their compulsions--needless checking, excessive worrying, and even repetitive actions like rewashing--make it difficult for them to lead their everyday lives. Misdiagnosed or untreated OCD can become chronic and more severe. It is also hereditary, so parents who have OCD may pass symptoms on to their children. Written by an OCD sufferer with a technical review by a licensed psychologist, this practical guide covers: * Diagnosis and the identification of symptoms * The types of OCD * Current treatment options * Some coping strategies * Support groups * Useful resources like an OCD self-test With The Everything® Health Guide to OCD, people who suffer from the disorder can rest easy, knowing they have the knowledge and medical information to help them recognize and cope with the symptoms and decide upon treatment. AUTHOR: Chelsea Lowe (New England) is a professional writer who has been living with OCD for 7 years (she was diagnosed at the age of 37). She has written about the disorder for the Philadelphia Inquirer, the New York Daily News, and TV Guide. Her other publication credits include Newsweek, National Public Radio, Newsday, the Los Angeles Times, the Boston Globe, Technology Review, and the Boston Herald. Judith A. Lytel, Psy.D. (Amherst, MA), is a licensed psychologist who has been in private practice for more than 12 years, treating patients with anxiety disorders such as OCD. She was a Clinical Instructor and Preceptor in Obstetrics and Gynecology at Tufts University School of Medicine. A graduate of Penn State, Johns Hopkins, and the Massachusetts School of Professional Psychology, Dr. Lytel completed a postdoctoral fellowship in Behavioral Medicine at Harvard-affiliated Cambridge Hospital.

gift ideas for health and wellness: Let Go of Emotional Overeating and Love Your Food Arlene B. Englander, 2018-08-24 Let Go of Emotional Overeating and Love Your Food is for anyone who would like to eat whatever they like, yet stop just at the point of satisfaction without overeating. Written by a Columbia University trained psychotherapist and former emotional overeater, Let Go of Emotional Overeating and Love Your Food offers psychologically sound techniques for recognizing the symptoms of emotional overeating and methods for addressing it in ways that are both effective and enjoyable. Readers will learn how to become aware of the difference between eating in a healthy way and eating emotionally - neither to satisfy hunger, nor for enjoyment, but in a desperate attempt to distract oneself from painful thoughts and feelings. Diets don't work for people who eat

through their emotions. Instead, learning to recognize the stressors that lead to emotional eating and to address those tensions through other methods besides eating is the goal. When we handle stress well away from the table, we're free to relax and really savor our food when we choose to eat. Proven techniques like Cognitive Behavioral Therapy (CBT) are presented in an innovative, easy-to-remember way. Learning to eat mindfully, for health and enjoyment, becomes the goal, and Arlene Englander walks readers through table techniques designed to make mindful eating easier, habitual, and ultimately second-nature. Allowing for both fun foods and healthy foods, Englander's approach emphasizes eating healthfully and being aware of best practices and the behavioral objectives of coping with stress, exercising regularly, mindful eating, good nutrition and hydration, and controlling overeating situations. She addresses late-night eating, parties, vacation, and other situations where overindulging may be a risk. She concludes with a prescription that is meant to last so that readers can love their food for a lifetime.

gift ideas for health and wellness: *Alchemy of Herbs* Rosalee de la Forêt, 2017-04-04 Did you know there's a powerful herbal medicine chest in your kitchen? Imagine being prepared for that next cold, scrape, headache, digestive issue, stressful day, or sleepless night with simple ingredients from your cupboard. Instead of pills, reach for: Cinnamon Tea to soothe your throat . . . Garlic Hummus to support your immune system . . . Ginger Lemon Tea for cold and flu symptoms . . . Cayenne Salve to relieve sore muscles . . . Cardamom Chocolate Mousse Cake for heart health . . . A glass of Spiced Cold Brew Coffee as a powerful antioxidant . . . *Alchemy of Herbs* will show you how to transform common ingredients into foods and remedies that heal. What were once everyday flavorings will become your personal kitchen apothecary. While using herbs can often seem complicated or costly, this book offers a way to learn that's as simple and inexpensive as cooking dinner. With the guidance of herbalist Rosalee de la Forêt, you'll understand how to match the properties of each plant to your own unique needs, for a truly personalized approach to health for you and your family. In addition to offering dozens of inspiring recipes, Rosalee examines the history and modern-day use of 29 popular herbs, supporting their healing properties with both scientific studies and in-depth research into herbal energetics. Grow your knowledge of healing herbs and spices, and start using nature's pharmacy to feed, heal, and nurture your whole family!

gift ideas for health and wellness: *Digest This* Bethany Ugarte, 2020-10-13 The unique and powerful Gut Reset diet plan for sufferers of IBS and digestive disorders that works to restore healthy gut function in 21 days. After years of severe struggles with IBS and gut dysfunction and finding no relief from the conventional methods of treating IBS (following a low-FODMAP diet, taking medications, managing stress), Bethany Ugarte took matters into her own hands. She changed her diet with the help of a holistic doctor, eliminating all gut irritants and eating nutrient-dense, easily digested foods like Greek yogurt, bone broth, collagen, and pureed protein for maximum nutrient absorption. Her painful, debilitating symptoms disappeared. Now she's synthesized her hard-won wisdom into a 21-day Gut Reset protocol and maintenance plan that works to heal and seal your gut, restoring digestive health. Her Gut Reset program includes powerful techniques that help to ensure maximum absorption from foods, cutting out little-known irritants and integrating foods that your gut needs to heal. She offers meal plans, stress reduction techniques, and creative recipes that deliver maximum flavor and nutrients with minimal ingredients. Recipes include Cookie Dough Milkshake, Blueberry Protein Scones, Carrot Bacon and Eggs, Chili-Stuffed Spaghetti Squash Pasta, Paleo Spinach Dip, Pecan Pie Bread, and Sea Salt Butternut Fudge. No matter how severe your symptoms may be, *Digest This* will help you eat without stress or fear in just 21 days.

gift ideas for health and wellness: *The Beauty of What Remains* Steve Leder, 2021-01-05 The national bestseller From the author of the bestselling *More Beautiful Than Before* comes an inspiring book about loss based on his most popular sermon. As the senior rabbi of one of the largest synagogues in the world, Steve Leder has learned over and over again the many ways death teaches us how to live and love more deeply by showing us not only what is gone but also the beauty of what remains. This inspiring and comforting book takes us on a journey through the experience of loss

that is fundamental to everyone. Yet even after having sat beside thousands of deathbeds, Steve Leder the rabbi was not fully prepared for the loss of his own father. It was only then that Steve Leder the son truly learned how loss makes life beautiful by giving it meaning and touching us with love that we had not felt before. Enriched by Rabbi Leder's irreverence, vulnerability, and wicked sense of humor, this heartfelt narrative is filled with laughter and tears, the wisdom of millennia and modernity, and, most of all, an unfolding of the profound and simple truth that in loss we gain more than we ever imagined.

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gift ideas for health and wellness: *In Real Life* Leticia Sala, 2020-09-01 *In Real Life: An Online Love Story* is the first of its kind—a bilingual novel-in-poetry written by popular Spanish-language poet Leticia Sala. *In Real Life* is not only about a young Barcelona woman who finds romance online thousands of miles away in New York City, it is also an ode to the titanic effort required in staying loyal to a commitment and her own individuality in the silicon age. Told in a poetic key, the fate of this couple, whose relationship begins with love at first like, offers a fractured mosaic of essential moments crowded with insecurities and urban neuroses, both contemporary and universal. The characters in the work of Leticia Sala seek light in the chaos churned out by modern culture and are always treated by the author with compassion, regard, and respect for their unfolding desires. *In Real Life* captures our infatuation with technology and finding new ways of relating to one another, our fascination with travel and language, and our age-old obsession with that right to love and feel loved.

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gift ideas for health and wellness: *Keep Moving* Maggie Downie, 2018-10-10 *Keep Moving* is a practical guide for pain relief without drugs or surgery. Pain from an injury, disease, surgery, or general wear and tear is frustrating, exhausting, and can make you afraid to move. Learning what your body needs along with simple changes you can make, can help alleviate pain, reduce anxiety, and increase your quality of life.

gift ideas for health and wellness: *Pursuing Health in an Anxious Age* Bob Cutillo, MD, 2016-09-14 A Redeemed and Renewed Vision of Health Despite all the care available to us, our society is more concerned about health than ever. Increased technology and access to health care give us the illusion of control but can never deliver us from the limitations of our bodies. But what if our health is a gift to nurture, rather than a possession to protect? Drawing from decades of medical experience in many different contexts, Dr. Bob Cutillo helps us cultivate a biblical understanding of the relationship between faith and health in the modern age, reorienting us to a wiser pursuit of health for the good of all. Weaving in his own story of serving the most vulnerable, he leads us to a bigger view of health care and a hope that is more secure than our physical wellness—hope with the power to transform our communities.

gift ideas for health and wellness: *Fostering Wellness in the Workplace* Bobbi L. Newman,

2022-01-24 Whether you're an administrator or library leader concerned about the health and well-being of your team, or a library worker excited to launch a health and wellness movement in your library, you'll find sensible guidance and inspiration in Newman's handbook. As part of their dedication to improving the lives of their patrons, libraries have long offered services, programs, and outreach dedicated to the health and wellness of their communities. There is a growing recognition that library workers themselves are in urgent need of such attention; low morale, and complaints of burnout and a toxic work environment, are only a few of the obvious symptoms. The good news is that by turning inward, libraries can foster wellness in their workplace and make a real difference in the day-to-day lives of their staff. Newman, who has led a popular course on the subject attended by workers from many types of different libraries, here takes a holistic approach to examine why and how libraries should focus on improving the health and wellness of employees. Filled with hands-on advice, examples of successful initiatives, and suggested action steps, in this book readers will learn how to define health and wellness, including its physical, psychological, and social aspects, and why they touch upon nearly everything that happens in the workplace; what a workplace looks like when it strives to ensure the complete physical, mental, and social well-being of workers, and the ways in which this approach to a work environment benefits both the library and the community it serves; the role played by the physical aspects of the workplace, such as the ergonomics of sitting and standing desks, the effects of air quality and smell on worker health and productivity, and noise levels stemming from open plan workspaces; about key policies relating to wages, working schedules, where employees work, and child and elder care; real-world advice on addressing complicated workplace issues like emotional and invisible labor, with a look at the part that burdensome or indifferent policies and practices can play in contributing to compassion fatigue and burnout; ways to make healthy choices for oneself and encourage healthy choices in co-workers and staff; concrete, evidence-based steps that libraries can take to improve workplace wellness; how to make a lasting difference by focusing on one aspect they can change personally and one that they can advocate changing library wide.

gift ideas for health and wellness: *Ottolenghi Test Kitchen: Shelf Love* Yotam Ottolenghi, Noor Murad, Ottolenghi Test Kitchen, 2021-09-30 Relaxed, flexible home cooking from Yotam Ottolenghi and his superteam. Whether they're conjuring up new recipes or cooking for themselves at home, the Ottolenghi Test Kitchen team do what we all do: they raid their kitchens. But then, they turn whatever they find into approachable creations with an 'Ottolenghi' twist. This instinct is in perfect sync with recent times, when we've all been standing in front of our kitchen shelves, our cupboards and our fridges, wondering what to cook with what we've got; how to put a can of chickpeas or a bag of frozen peas to good use, instead of taking an extra trip to the shops. For the first time, the team welcome us into their creative space. These dishes pack all the punch and edge we expect from Ottolenghi, but offer more flexibility to make them our own, using what we've got to hand. There's the ultimate guide to creamy dreamy hummus, a one-pan route to confit tandoori chickpeas and a tomato salad that rules them all. This book is all about feeding ourselves and our families with less stress and less fuss, but with all the 'wow' of an Ottolenghi meal. It's a notebook to scribble on and add to, to take its ethos and absolutely make it your own. This is how to cook, the OTK way.

gift ideas for health and wellness: *Dimes Times* , 2020-06-23 A practical guide to healthy cooking from the ultra-hip New York restaurant Dimes, described by New York Magazine as 1970s-era-whole-food-hippie chow for the jaded modern palate. Dimes, the Lower East Side restaurant from chef Alissa Wagner and designer Sabrina De Sousa, known for serving vibrant, healthy plates to an attractive clientele, is also a carefully designed brand providing more than just food to the artsy inhabitants of downtown New York City. The restaurant has expanded over the years to produce Dimes-branded merchandise, a food market, home goods and skincare, and now: the comprehensive debut cookbook of the Dimes all-encompassing brand. The restaurant has amassed a devout following of patrons who regularly visit the all-day cafe and bakery, and even refer to its location at the confluence of Canal, Essex and Division Street as Dimes Square. This new book

presents a whimsical collection of recipes, conveniently categorized by time of day: 8:00 AM DETERMINED, 10:33 AM EMO, NOON SENSITIVE, 3:00 PM ASPIRATIONAL, 4:00 PM CURIOUS, 4:20 PM FOUR TWENTY, 6:00 PM HOMESICK, 8:00 PM HONEYMOON, 10:00 PM COMMISERATE, and 11:00 PM AFTERHOURS. All recipes are derived from the Dimes menu, once described by the New York Times Style Magazine as a useful time capsule of what and how people ate in 2010s New York City.

gift ideas for health and wellness: *Fit* Lon Kilgore, Michael Hartman, Justin Lascek, 2011 *Fit* is a book about how to get fit ... facts, practical information, and a logical approach to creating fitness from the first day of training through the day you reach your goal in fitness -- P. 4 of cover.

gift ideas for health and wellness: *Wellness Foods A to Z* Sheldon Margen, 2002 In entries arranged A-Z, this authoritative bible on the new nutrition spells out the disease-fighting potential and other benefits of some 500 whole and fresh foods, and shows you how to choose foods and prepare them so you optimize their nutritional value and make them taste their best.

gift ideas for health and wellness: *Unconventional Medicine* Chris Kresser, 2017-09-06 The world is facing the greatest healthcare crisis it has ever seen. Chronic disease is shortening our lifespan, destroying our quality of life, bankrupting governments, and threatening the health of future generations. Sadly, conventional medicine, with its focus on managing symptoms, has failed to address this challenge. The result is burned-out physicians, a sicker population, and a broken healthcare system. In *Unconventional Medicine*, Chris Kresser presents a plan to reverse this dangerous trend. He shows how the combination of a genetically aligned diet and lifestyle, functional medicine, and a lean, collaborative practice model can create a system that better serves the needs of both patients and practitioners. The epidemic of chronic illness can be stopped, if patients and practitioners can adapt.

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