

HOLIDAY GIFT IDEAS

Healthy Presents And Family Fun

(NAPSA)—With the holiday season upon us, thoughts are turning toward holiday shopping lists. This year, you may wish to incorporate a few healthy gift ideas into the usual list of gifts. The best ones are those that the whole family can enjoy together, all year round. Here are some ideas for integrating healthy gifts into the holiday season.

- **Hit the trails!** Give each member of your family a pair of hiking boots along with a book that the whole family can enjoy on local hiking hot spots. It's a great way to get in shape and learn about the environment, too.

- **Bikes aren't just for kids.** Although they are tops on every child's list, parents can also join the fun. Riding together either each day or on weekend picnics is an ideal way to weave exercise into a regular routine—an important lesson for all.

- **"What's for dinner?"** It's never too early or late to learn about healthy eating habits. Treat the entire family to a cooking class. There are classes that are geared for younger children, too. Choose one that focuses on healthy, simple cooking and uses lots of fresh fruits and vegetables.

- **Drink up!** Encourage your family to drink enough water year round. Brita's new Water Cooler makes this easier by giving your family lots of great-tasting healthier water. They even have models that allow you to get hot and cold filtered water on demand. Best of



all, the Cooler uses the same Brita filters you are familiar with to remove 98% of lead that may be in tap water (though the substances removed or reduced may not be the same in all users' water) but keep in the fluoride that's important for healthy teeth.

- **Develop your mind and test your memory.** Puzzles and board games that the whole family can enjoy are a great way to spend time together. After dinner, turn off the television and encourage some quality family time.

With a little creativity you can find lots of options for including unique and healthy gifts into the coming gift-giving season—what better way to celebrate the holidays than with gifts that help develop a lifetime of healthy habits.