

A guide to gift shopping that's good for your health

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(HealthDay)—Shopping for a gift for a friend or loved one? Instead of

wracking your brain over which sweater to buy, keep in mind that gifts for good health are always the right size.

You can be extravagant with a [gym membership](#) or a state-of-the-art piece of home equipment, but there are also many choices that will fit even a frugal budget.

For the gadget lover, there's [wearable technology](#), from [activity trackers](#) and smartwatches to heart-rate monitors and GPS tracking devices, the American College of Sports Medicine suggests. Or what about a new app that works with a smartphone? Many are free, but there's often a bells-and-whistles version you can buy for just a few dollars.

Consider a valued accessory for an activity that the recipient already enjoys, like a yoga mat or special yoga socks. You don't have to be barefooted to feel grounded. Socks specially made for doing yoga provide the grip needed to hold poses and maintain balance during practice.

Everyone can use [better balance](#), making training items like a foam roller, balance board or stability ball great choices. Many come in fun colors.

A powerful blender or juicer is great for making fast, high-energy breakfasts. But if an appliance isn't in your budget, how about a reusable water bottle to carry their smoothie?

And if food is on the gift list, skip the donuts and put together a healthful basket of extra-virgin olive oil and flavored vinegars, nuts and dark chocolate, or a windowsill herb kit.

More information: The U.S. Federal Trade Commission offers tips on [buying exercise equipment](#) to help you make safe and smart gift choices.

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