



HOLIDAY 2020



LIVEFIT'S HEALTHY GIFT GUIDE



Giving the gift of health and wellness

We all know that the holidays are the most indulgent time of the year. At LiveFIT we make staying on track with your healthy lifestyle FUN, even during the holiday season. While we are all for treating ourselves, we hope this healthy gift guide inspires you to share your love of wellness and your local community with friends and family this season.

All of our favorite healthy and local gifts are linked on the left to make shopping a breeze for you this year!

- 1) [LiveFIT Gift Card](#)
- 2) [A Custom Nutrition Plan](#)
- 3) [In Body Assessment 2 Pack](#)
- 4) [Project Kind Jewelry](#)
- 5) [Our favorite Collagen Powder](#)
- 6) [Collagen Pills](#)
- 7) [The 5 Minute Journal](#)
- 8) [LiveFIT Swag](#)
- 9) [LiveFit 10 Class Bundle](#)
- 10) [Local Coffee/Smoothie Shop GC](#)
- 11) [Foam Roller with our Foam Rolling Guide](#)
- 12) [My Zone Strap](#)