

SMG LIVING FIT

Gift Guide

By Rachel Payne

Christmas is almost here and if you're still looking for a few last-minute gifts or stocking stuffers for friends or loved ones, we've put together a list of items perfect for the "I want to be healthier and get in shape" beginner, the fitness guru, the bodybuilding competitor, or the person in need of a little self-care. From gifts to gift certificates, priced to fit any budget, check out this SMG Living Fit Gift Guide.

If you're looking for a small gift or stocking stuffer **Arbonne's Clean Energy Fizz** is the perfect pick-me-up to help you focus on your goals. A journal or exercise planner may be just the thing to help someone special kickstart the new year ready for success. If health & wellness is on your 2024 agenda, you still have time to take advantage of the **ID Life Cyber Week Deals**. A fitness tracker like watches, rings, or heart rate monitors or some bath and body oils for moisturizing or muscle recovery are gifts sure to bring a smile to anyone's face. Set your special someone up with the tools to take action like a smart scale or make food prep a little easier with a Ninja Express Chop. Finally, who wouldn't love wrapping up in a luxurious bath robe or contact **Waterbabies Bikini** to show your support with a blinged out robe for their next show.



A Luxurious Bath Robe from Waterbabies Bikini provides the coziest of comfort.

Arbonne Energy Fizz Dietary Supplements give just the right pick me up.



The Ninja Express Chop makes food prep a breeze

ID Life Cyber Week Deals have something for everyone.

Get ready to sleigh your wellness game this Cyber Week with our stellar deals! From tackling sugar plum cravings with Slim+ to drifting into dreamland with Sleep, unlocking your inner glow with a boost of Collagen+, enjoying delicious meals on the move with NurishID, and nourishing the little elves with Kids Nutrition - our out-of-this-world offers have something magical for everyone! Join this holiday wellness extravaganza and let the healthy holiday cheers begin!

Product	AS LOW AS	RETAIL
Hydrate 3-Pack	\$81.97	\$149.98
NurishID 2-Pack	\$119.98	\$209.98
Collagen+ 2-Pack	\$94.98	\$179.98
Sleep 2-Pack	\$73.98	\$139.98
Slim+ 2-Pack	\$76.98	\$139.98
Kids Nutrition 2-Pack	\$45.98	\$89.98

OFFERS RUN FROM NOVEMBER 27, 2023 TO DECEMBER 3, 2023 AT 11:59 PM PST

Of course, new workout clothes are a great way to start off the new year and you can find something for everybody at [Body Bailout](#), [BYDR Apparel](#), [NPC Wear](#), or [Olympia Gear](#) for the hottest new styles. Outside of the gym [Asesina Designs](#) has the clothes that will show off your muscle gains!

At Home Exercise remains a top trend for 2024. Personalized programs through technology such as [Peloton](#) or [Smart Fitness Mirror](#) are on the higher end of the budget while virtual trainers, online programs and apps are more economical. A [Pilates Kit](#), or the new [Jayflex Hyperbell](#) would be a welcome addition to anyone's home fitness program. Resistance bands or booty bands, TRX, yoga mat or accessories i.e., blocks or strap are perfect for someone just starting out or the frequent traveler.

Mental Health is essential to relieve stress and anxiety and a little self-care goes a long way to creating work-life balance. Give the gift of health services like Yoga Classes, Holistic Fitness, Massage, or Stretching Classes. There's nothing like looking your best to make you feel good. Permanent Make Up or Tattoos from [Sink or Swim Studio](#) can be an empowering treat for someone special or yourself. Everyday spray tans, skin prep & moisturizers are perfect for special occasions; check out the [Liquid Sun Rayz](#) service providers in your area. Last but not least, consider a photo shoot - portraiture, boudoir, fitness, family & events with [V. Payne Photography](#).

Want to give a gift that'll get them pumped? Gym memberships or gift certificates for personal training, coaching, contest prep, nutrition or posing makes the perfect gift for the person that has goals! Check out this list of some of the best facilities in the southeast.

ALABAMA

[Willmore Total Fitness](#), Rainbow City – Rainbow City, AL

GEORGIA

[Body Be 1](#) – Columbus, GA

[House of Payne Personal Training](#) – Lilburn, GA

[Titanz Fitness](#) – Smyrna, GA

SOUTH CAROLINA

[CobraCor](#) – Lexington, SC

NORTH CAROLINA

[Biltmore Fitness](#) – Asheville, NC

[Elite Fitness Health & Training Center](#) – Huntersville, NC

Johnny Stewart Fitness – Charlotte, NC,

stewartfitness@yahoo.com

MISSISSIPPI

[Iron Works Gym Biloxi](#) – Biloxi, MS

[Total Body Gym](#) – Olive Branch, MS

[Total Body Gym](#) – Ripley, MS

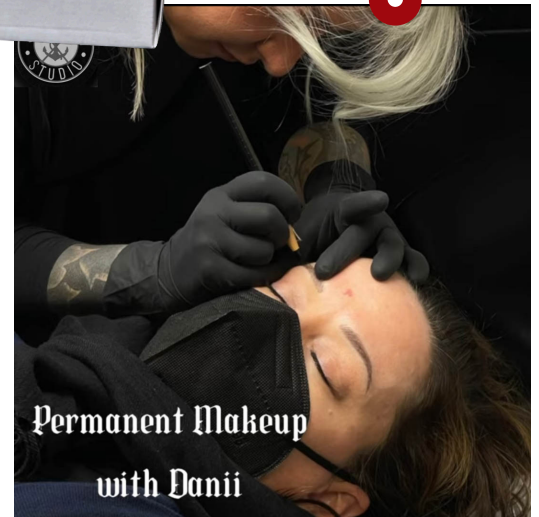
TENNESSEE

[Hustle House Gym](#) – Bartlett, TN



A Pilates Kit has everything one needs to get started all in one box.

Be unique and treat someone special to Permanent Make Up or a Tattoo from Sink or Swim Studio



A must-have for frequent travellers are fitness accessories including a Yoga Mat and Blocks.



Finally...you can never go wrong giving a Gift Certificate to your favorite gym.

Hope our list helps you find the gift. Wishing you a happy & healthy holiday. Looking forward to presenting you more articles, videos, and more for 2024 to help you on your journey to Living Fit.