



girl get strong



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strong mommy

GGS Holiday Gift Guide – Fitness for the Family

By Sian on Dec 17, 2009 with Comments 0

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Girl Get Strong's Holiday Gift Guide

Giving the Gifts of Health and Fitness

Fit Family Edition

It can be a challenge keeping ourselves fit, let alone thinking about the rest of the family. But who needs family fitness when you can **play together**?

Here are a few gift ideas – both low tech and high tech – that will keep your family moving...and best of all, having FUN!



The patent-pending Whiplash™

What kid would not love this?

It's a self-propelling, revolutionary new ride is part scooter, part Wave® (caster board) and totally fun.

Centered around the award-winning design of The Wave's® unique caster design and Torsion technology, Whiplash's™ flexing deck and handlebar fuse together to provide riders with a cool, side to side, whip-like ride. This product is great for girls and boys because it provides core strength training, balance and constant movement



Swinxs

Swinxs, the hottest innovation in family-friendly games consoles has hit U.S. shores.

The portable screen-free entertainment console engages kids in physical, creative and educational play (including musical chairs, tag and relay) by using its voice in combination with sounds and colors.

Designed for ages four and above, Swinx talks and explains games, recognizes players and even referees. Each player wears their own colorful wristband that communicates with Swinx allowing it to recognize, interact and monitor players.

Swinxs is available nationwide on Amazon.com, priced at \$150. For more information, please visit: www.swinx.com



Grandpa's Stilts

Have fun and develop balance and coordination with Grandpa's patented adjustable stilts.

Grandpa's Stilts are made of quality straight grained hardwood and will last for years. Battery free, made with real, natural wood, right here in the USA, real adventure, real fun!

These rubber-tipped stilts have easy to grip handles for all ages six and up, and come in heights from 9 to 24 inches to challenge everyone's sense of daring!

Kids and teens will have a blast, and the adults will too!



BSkinz

www.bskinz.com has a line of spandex/compression shorts and leggings aimed at young girls, teens, and adult female fitness lovers.

The nylon/spandex blend stays put during your fitness routine or game (like volleyball, soccer), not riding up or falling off. They keep you nice and warm during winter workouts and yet let air in and out.

They are also a great alternative to the boring plain black spandex worn during workouts, with patterns from tie-dye to animal print, to preppy polka dots and solids, there is a pair of BSkinz for every woman, no matter what their style.

BSkinz are available as shorts starting at only \$20, capris style for only \$24, and ankle-length for \$28, so it is a very budget conscious and versatile gift.

Most importantly, BSkinz are fun and the funky patterns can help motivate young girls and women to stay active, healthy, and fit.

Need more ideas? Check out our other gift ideas [here](#).