

What to buy

2016 HOLIDAY GIFT GUIDE

FITNESS FREAKS

8 SHOPPING DAYS LEFT

Maintaining a healthy lifestyle is paramount to many people, but made difficult by time-consuming jobs and other activities. Once again, it's the time of year when New

Year's resolutions are pondered, and quite often, they center on diet and exercise.

—KYLE ROWLAND, BLADE STAFF WRITER



▲ Toledo-inspired shirts
What better shirt to have for a northwest Ohio runner than one emblazoned with "Just a runner from Toledo," or "Side Cut Distance Crew," or "Run Ohio"? Those are just some of the examples of vintage shirts offered by Sole Clothing Co. at Second Sole. **\$25 for T-shirts and tank tops, \$48 for fleeces at Second Sole at Levis Commons in Perrysburg.**

▲ Pedometer
Many pedometers simply count the number of steps someone takes. The **Striiv Smart Pedometer** goes the extra mile — no pun intended — with a high-resolution, color touch screen and apps designed to make fitness fun. **\$34.99 at striiv.com.**



▲ Running hats and gloves
Nike and Under Armour offer lightweight, mesh hats that keep sweat away and cool you down during a workout. They also offer winter running gloves that keep your hands warm during cold weather runs. **\$12.60 to 38.50 at Finish Line, Franklin Park Mall, 5001 Monroe St.**



▲ Gym membership
With more than 40,000 square feet and the latest equipment and technology, ProMedica Wildwood Athletic Club offers one of the best workout experiences in the area. Classes and certified trainers are available, and there's even a kids' club to get youth engaged in fitness activities. **Memberships start at \$77 per month at ProMedica Wildwood Athletic Club, 2865 N. Reynolds Rd.**



▲ Gripmaster
The gripmaster is an old-school piece of equipment that's making a comeback. You can spend time at work using it — or do so at home — and you develop strength, flexibility, and coordination in your fingers, hand, and forearms. **\$11 on amazon.com.**



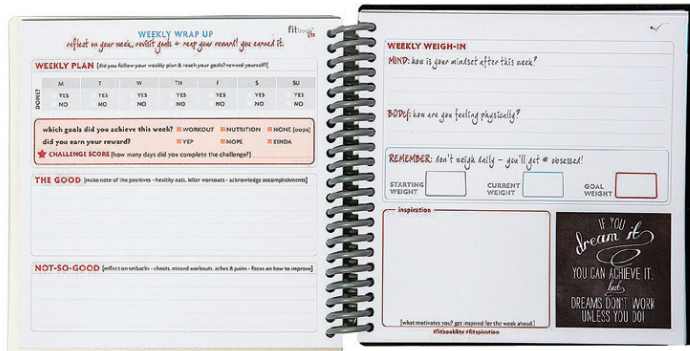
▲ Running/Tennis shoes
Northwest Ohio's Dave's Performance Footgear has offered customers the best in footwear since 1973. The store will provide you with top-of-the-line athletic shoes for your next workout, 5K, half-marathon, marathon — or just a walk in the park. **\$120 and up at Dave's Performance Footgear and New Balance, 5700 Monroe St., Sylvania.**



▲ Blender
This isn't your average kitchen blender. The **Oster MyBlend** is designed for busy, on-the-go lifestyles. You can blend directly into a water bottle, making smoothies and shakes a hassle-free option. **\$24.99 at Target and Wal-Mart.**



▲ Specialized shoes
No two feet are the same, and for people who suffer from feet, back, and hip ailments, finding the exact size and comfort can be difficult. **Foot Solutions** will measure and evaluate your feet and posture to get you a proper fit. **Prices vary at Foot Solutions, 4204 West Sylvania Ave.**



▲ Fitbook
If you're like millions of Americans who have fitness commitment issues, the Fitbook could end your problems. It's a 12-week fitness and nutrition journal that contains goals, workouts, meals, and rewards to motivate users. **\$22.95 at getfitbook.com.**



▲ Simply Fit Board
The **Simply Fit Board**, which was featured on *Shark Tank* last season, has emerged as one of the "it" gifts of 2016. It's perhaps the easiest exercise tool available. You simply stand on it and twist back and forth to tone your abs, legs, and core. It's also small and easy to store. **\$39.99 at amazon.com.**

* Prices and availability subject to change.

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