

Healthy Thanks-Living: New Fitness & Cookware Gear for a Healthy Holiday

Every year, people seem to begrudgingly accept the fact that the holiday months will result in the end to established healthy habits. No matter how well ‘the diet’ or gym routine was going, both don’t stand a chance against the turkey feast and holiday treats. But, how about, instead of using all the season’s ‘yuletide cheer’ as an excuse for over-eating, we treat the November, December months as a springboard to a healthier lifestyle.

And, besides, we don’t set 9 Month Resolutions. It’s silly to let a few weeks of stuffing, shortcake, and sugar cookies offset a year’s worth of hard work. But even if that ’09 ‘get fit’ goal didn’t pan out – or get off the ground - why wait till 2010 to start anew? With friends and family around for support and motivation, the holidays are the best time to kick a new workout regime into gear.

That’s why CSN Stores, a top three online retailer with over 200 e-boutiques, and their FitnessEquipmentAndMore.com team, have hand selected ten, great new ‘healthy living’ products to help shoppers avoid adding those extra ‘turkey rolls’ and head into the new year in better shape than ever before.

[Omega Fitness - Triangular Magnetic Upright Bike](#) - \$215.99

[Omega Fitness - Elliptical-Magnetic](#) - \$394.04



This new bike and elliptical from Omega Fitness are compact, colorful pieces of exercise equipment that combine modern technology – a unique magnetic resistance allows for smooth, quiet operating – with contemporary design and functionality.

[FitBALL SET- Fitball Medballs With Straps Set](#) - \$161.99

[J Fit - 6.6 lbs Premium Handle Medicine Ball](#) - \$49.99



This year, medicine balls have emerged as one of the most popular ‘tools’ for the home gym. Offering a variety of exercise and training options, a medicine ball can be used for lower body, core, and upper body workouts. Easy to store and transport, an appropriately weighted medicine ball is ideal for the person short on space or time.

[J Fit – Classic Kettlebells](#) - \$39.99 - \$109.99



Kettlebells, along with medicine balls, have become increasingly popular as many people look for ways to achieve effective upper body and core workouts without having to use large pieces of fitness equipment.

[SPRI P - Pilates Anywhere Anytime](#) - \$54



Just like the title says, this set allows users to practice pilates anytime, anywhere. No one’s advising people to avoid all holiday treats, but a few exercises a day (or during a lunch break) is the ideal way to fight off those additional fall and winter calories. Included are a mini weighted bar, a yellow, green, and red Xertube, a door attachment, an exercise mat, and an instructional video.

[Stamina - Pilates Box & Pole](#) - \$129



The Stamina Pilates Box and Pole offers another great way to practice pilates at home and stay fit and active during idle hours.

[First Degree - Fluid Rower E-520](#) - \$2,199



Featuring a wide range of resistance, unique heel support assembly, air-glide seat rollers, and an interactive performance monitor, this new machine from First Degree offers the closest thing to real rowing on the market.

[Tribest - Personal Blender](#) - \$49.99



Versatile and portable for today's busy lifestyle, Tribest's Personal Blender ensures that a healthy, delicious smoothie – the perfect 'smart' snack – is always right at your fingertips.

[Tribest – Z Star Manual Juicer](#) - \$99



The Z-Star Juicer's unique single-auger design uses an extremely gentle and efficient process to extract more high-quality juice from each blade of wheatgrass, without electric power. Not only can it juice wheatgrass, the Z-Star Manual Juicer can also extract great-tasting and nutritious juice from a variety of fresh fruit, vegetables and leafy greens.

[Breville - Health Smart Steamer](#) - \$79.95



Whereas stir-frying, boiling, grilling, and other high-temperature heating methods can destroy important nutrients in meats, fish, and veggies, steaming food helps avoid such nutrient and enzyme loss. This model was ‘developed specifically to help people adopt a healthier lifestyle.’

[Hamilton Beach - Health Smart Contact Grill](#) - \$24.99



With a slanted surface to drain fats and oils, the Health-Smart Contact Grill is an essential tool for those looking to keep the holiday pounds at bay.

If you'd like high-res images or more information on any of the following, please contact me via email or at 617.502.7051. Also, feel free to check out [FitnessEquipmentAndMore.com](#) or [Cookware.com](#) for a variety of Healthy Thanks-Living items.

Best,

Will Flanagan
csn | stores
shop easy

800 Boylston Street, Suite 1600
Boston, MA. 02199
617.502.7051