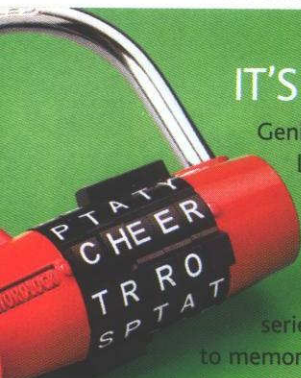


To Get

In the market for a gift for self? Check out these smart finds:



IT'S A LOCK

Genius! A gym lock that lets you choose a special word instead of yet another series of numbers to memorize. Now that's motivation to hit the gym. WORDLOCK, \$9.99, AMAZON.COM



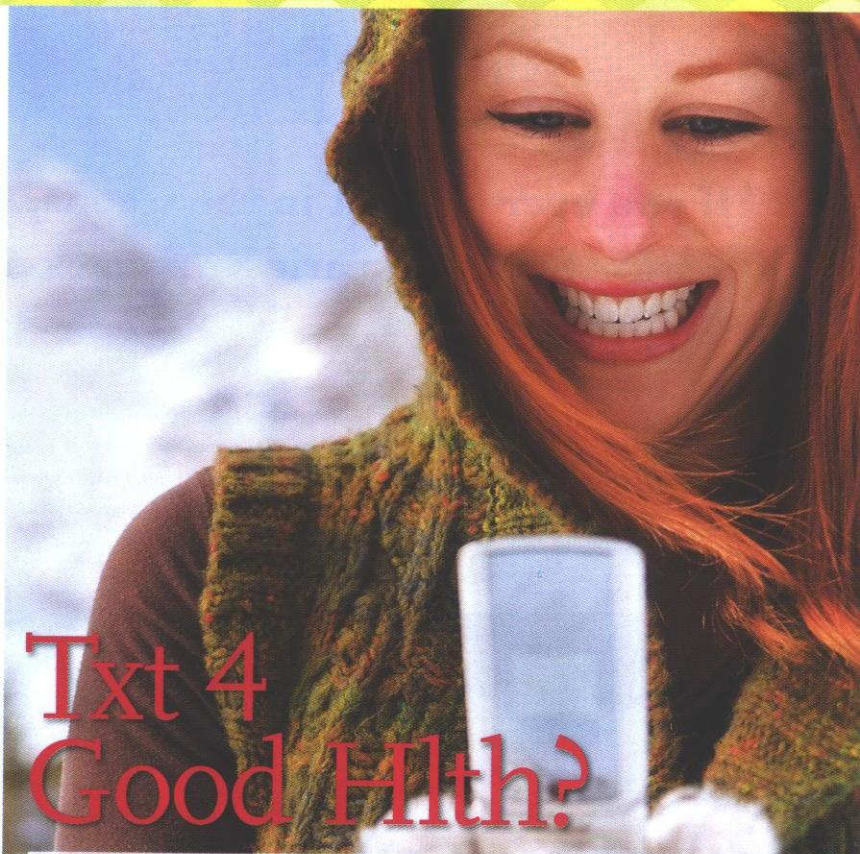
PLANT A TREE

The best thing about this gift set—besides the organic bath products—is that you can soak the carton in water and the seeds in the paper will sprout and grow into your own spruce tree. PANGEA ORGANICS "HARMONY" GIFT BOX, \$35. PANGEAORGANICS.COM



CLEAN LIVING

You'll almost look forward to laundry day when you use this detergent. Perfect for hand washables, it's biodegradable and self-rinsing, meaning less water is required. SOAK STARTER KIT, \$29. SOAKWASH.COM



Txt 4 Good Hlth?

Maybe, according to a new study released by the American College of Sports Medicine. Participants had their health measures (weight, body fat, cholesterol) taken just before the holidays. They were given the results, asked to keep a food diary, and told their numbers would be measured again after the holidays. The result? Participants did eat more during the season, but didn't experience significant weight gain. A combination of journaling and being motivated to improve their stats kept participants in check, say experts. Put it into practice:

Phone It In Get techy: After each meal, send yourself a text or voicemail detailing what you ate, and record the results in your diary later. Knowing you'll have to enter your eats may help you stay on track.

Book It Now Schedule your annual health screenings for right after the holidays to keep yourself motivated to lose.

Rethink Tradition Sneak health-boosting foods into your holiday favorites. Add heart-healthy nuts to stuffing, add dried fruit to cookies, and serve hot cocoa with cinnamon.

Problem Solved!

LAST YEAR

You made cookies for the school bake sale and ended up eating half of them.

THIS YEAR

Buy a dozen cookies and have them wrapped at the bakery. You'll get the task done in a fraction of the time and you won't be tempted to sneak any sweets for yourself.