

Christmas Gift Ideas to Live Longer Better in Kent and Medway



Pair of Trainers



Slip on those comfortable shoes and go for a 10 minute brisk walk. Try the Couch to Walking 5k plan to help you get started.

Search: ['Everyday Active Kent Couch to Walking 5k'](#)

Gardening Gloves



Gardening is a great form of physical activity whatever your age and ability. The fresh air will lift your mood and make you feel energised.

Search: ['Everyday Active Kent Benefits of Gardening'](#)

Pedometer or Tracker



Track your steps and monitor your fitness by using a tracker app or pedometer. A great way to set goals and stay motivated too.

Search: ['Active Kent Activity Tracker'](#)

Healthy Cookbook



Cooking can soothe stress, build self-esteem and curb negative thinking by focusing the mind. Time to discover a new family favourite.

Search: ['NHS Healthier Family Recipes'](#)

Yoga or Pilates mat



Grab that mat to improve posture, flexibility, balance and strength. Find a yoga or pilates class near you or go online.

Search: ['Active Kent Activity Finder'](#)

Crossword Puzzles



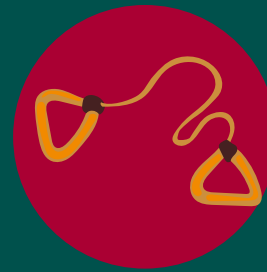
Crossword puzzles and number puzzles like sudoku can improve thinking and memory. They can also relieve stress by offering a valuable way to relax.

Search: ['Benefits of Puzzles for Brain'](#)

Christmas Gift Ideas to Live Longer Better in Kent and Medway



Resistance Bands



Resistance bands are a cost and space saving way to help keep muscles, bones and joints strong. Follow an exercise programme or try an online class.

Search: 'Everyday Active Benefits of Resistance Bands'

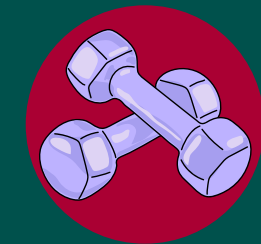
Dance Class



Dancing with other people reduces stress and blood pressure, which lowers the risk of heart disease. From Zumba to Belly Dancing, find a class that's right for you.

Search: 'Everyday Active Kent Dance'

Set of Weights



Build muscle, strengthen your bones and joints, reduce injury risk and improve heart health all in the comfort of your own home.

Search: 'Everyday Active Benefits of Weights'

Annual Membership



Membership to a sports club, country park, community group or leisure centre can bring you cost savings over the year. The commitment will keep you going back for more.

Search: 'Everyday Active Country Parks'

Walking Route Maps



Explore your local town on foot or bicycle and discover the best of what your area has to offer. Try Explore Kent's Town Maps to help you get started.

Search: 'Explore Kent Town Maps'

Active Days Out



Being active together as a family is not only beneficial for the health of the whole family. It can also help make fantastic memories that last a lifetime.

Search: 'Everyday Active Kent Active Days Out'