



GIVE THE GIFT OF GOOD HEALTH!

# Create a personalized DIY gift card

and help your loved ones improve  
health and fitness!



Visit us at [livingleannow.com](http://livingleannow.com)  
for health coaching and  
personal training gift ideas!

DIY Healthy gift card ideas on back...





## We have created several ready-to-use gift cards!

Use them to give gifts of health and wellness!  
Here are a few ideas from [livingleannow.com](https://www.livingleannow.com):


- Health Coaching Sessions
- Virtual Personal Training Package
- Pantry Makeover
- Meal Planning 101
- Wellness Check with Dr. Darci

*Have questions??  
Please send us an email with a  
special request*





Here are a few gift card ideas for  
**improving fitness:**

- Go for a walk together
  - Try a new class at the gym together
  - Strength Training Program together
  - Sign up for a [dance class](#) or [boot camp](#)
  - Exercise app purchase
- 



Here are a few gift card ideas for  
**improving health:**

- Make a healthy recipe together
- Help clean out the pantry
- Healthy food service for one month
- Help with healthy grocery shopping

*See DIY gift cards below...*



# Christmas

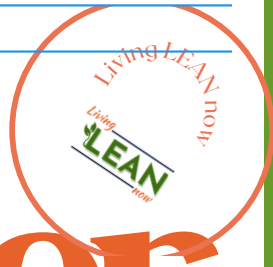
# gift

TO: \_\_\_\_\_ FROM: \_\_\_\_\_

FOR: \_\_\_\_\_

\_\_\_\_\_

This voucher entitles the bearer to a gift of  
better health and wellness!



# voucher

# Ho

# Ho

# Holiday



a special healthy and  
fit gift for you!

A gift of:

To:

From:



# Gift Certificate for your health

To:

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From:

---

To be used for:

---

This entitles the bearer to enjoy the benefits of good health and wellness.

*"It is health that is real wealth and not pieces of gold and silver.*

*- Mahatma Gandhi*



# A GIFT OF *Healthy Choices*

Redeem this gift of health to get:



To:

From:





A SPECIAL HOLIDAY SURPRISE

Merry Christmas!

TO CELEBRATE GOOD HEALTH, LET'S DO:

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TO: -----



FROM: -----

This gift certificate can be redeemed until:





# A Holiday Surprise!



Merry Christmas!  
To celebrate, here's a  
special gift of health:

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To:

---

From:

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This gift certificate can  
be redeemed until:

