

Gear adds more fun to home workouts

BY LARISSA CAHUTE, THE PROVINCE NOVEMBER 30, 2012



The agility ladder is a great tool for testing and improving speed with drill work.

Photograph by: LES BAZSO, PROVINCE

If you're shopping for the fitness enthusiast in your circle, take note of kinesiologist Rob Williams's top picks in fitness gifts, from small stocking stuffers to big ticket items.

Agility cones

\$2.99, Soccer Express

These can be bought at soccer shops or fitness shops either individually or in sets.

“It’s a good little device,” said Williams. “(You) can do all kinds of exercise drills and agility drills working with those.”

Agility ball/reaction ball**\$19.88, Fitness Town**

A great gift or stocking stuffer, this small rubber ball is shaped so that when it’s bounced off the ground you don’t know what direction it’s going to bounce from.

“Two kids in a parking lot can bounce this thing back and forth and it challenges their agility and athleticism,” said Williams.

Resistance bands/safety toners**\$44.95 and up, Fitness Town**

Williams suggests getting a two-metre, medium strength band with a fabric sleeve on it.

“They are great because you can wrap them around a tree, or wrap them around a railing or stand on them — there’s a million sort of different exercises you can do with them,” he said. “You can get them in different lengths, different resistances.”

Agility ladder**\$49.95 and up, Fitness Town**

A product that can be used for all ages, in organized sports or individual training.

“It’s just a really good, easy (tool),” said Williams. “Drop it down ... (and) kids jump and start running through them and doing all kinds of stuff.”

Do a quick Google search to look for drills, he suggests.

Core X System**Basic package with DVDs: \$75, SportMed**

This product was initially used more in a rehab setting, but it’s becoming more prevalent in training routines. It’s a core training movement device that helps reprogram and align movement strategy.

“I use it a lot with my athletic clients,” said Williams. “It causes activation of a bunch of muscles that you wouldn’t normally activate when you’re moving.”

Gift of expertise

Williams’ No. 1 gift idea for people looking to get in shape or get a head start on their new year’s resolutions is a couple of private training sessions.

“The big value in giving training sessions is in the knowledge,” said Williams. “The information that I’m going to get from working with a trainer for a few hours I can use the rest of my life, I can share it with my family.”

It’s a great option for people just starting out on their fitness path because it teaches them the proper techniques and how to avoid injury.

Nike + Fuel Band

The Nike Fuel Band serves as a somewhat stylish bracelet, but keeps track of all your movement, whether it’s running around the office during the day or going out for a serious jog or practice. The band pairs with an app on your computer, smartphone or tablet and calculates all kinds of data, from top speeds to distance and calories burned.

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