

CHI HOLIDAY GIFT GUIDE

Show someone you truly care.
Give the gift of health this season.

METRONOME



Find your rhythm

Your body thrives on rhythm! Optimize your running with a steady rhythmical cadence by using a metronome. **The perfect gift for any ChiRunner or ChiWalker who wants to take their fitness to the next level!**

"I find the metronome to be the one thing that has helped me the most to progress in my running more than any one thing that I've done."
– S.K. Sherman

CHIRUNNING BOOK & DVD PACKAGE

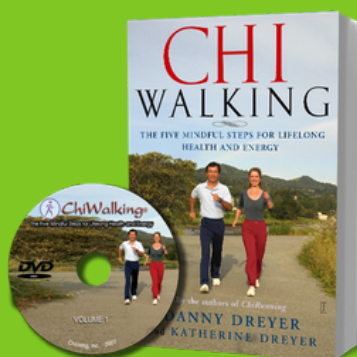


Run with ease, energy & joy

Running doesn't have to be difficult...and it doesn't have to cause pain or injury. **The ChiRunning Book & DVD Package is a great gift for: a beginning runner, an injured runner, the aging runner, or the seasoned marathoner hoping to up their speed/distance.**

"This book makes running possible for everyone. The magical, concrete guidelines will educate and inspire your every footfall!" – Jane

CHI WALKING BOOK & DVD PACKAGE



Walk your way to wellness

Walking is not only a simple and low-maintenance form of exercise, but also powerful and effective beyond measure. **The ChiWalking Book & DVD Package is the ideal gift for anyone that wants to get fit and feel great (who doesn't want that?!)**

"Today I found myself walking for 3 hours in town without feeling any pain in my knee or foot, and also felt as if I was doing everything right. I didn't feel like stopping as I was brilliant and happy." – Joseph C.

CORRECT TOES



Happy feet, happy life

Enhance balance and stability, improve strength and flexibility, increase circulation, and prevent common foot injuries with a pair of Correct Toes. **The perfect gift for anyone that wants happy, healthy feet, especially someone that struggles with bunions, plantar fasciitis or other foot ailments!**

"My feet feel so much better as the Correct Toes return them to their natural shape. My neuroma is gone! And I can walk and run without any foot pain."
– Kate

CHIRUNNING SCHOOL



A virtual learning experience

ChiRunning School is an online program with live webinars, video Lessons, and audio downloads for on the run. **The perfect gift for: the beginner runner, the injured runner, or the busiest people hoping to kickstart their fitness routine.**

"I want you and yours there at ChiRunning to know, that the ChiRunning School turned me from someone who viewed running as a chore to someone who now views running as a pleasure. That's after 40 years of on-and-off-again running. It's AMAZING!"
– Tina

COMPLETE CHIRUNNING PACKAGE



Run farther, faster, and smarter

Run with confidence and ease at any age or skill level! **The Complete ChiRunning Package is the ideal gift for: the runner who's always injured or in pain, the aging runner, a newbie to ChiRunning, or someone that's new to running altogether.**

"I owe my new love of running to Danny and ChiRunning!"
– Leslie