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**Client Gift Ideas**

From time to time, it’s a nice gesture to give your clients a small gift. You can do this to thank them for their loyalty, when they reach a mini goal or their ultimate goal, for their birthday or any other occasion you think fits the bill.

And gifts certainly don’t have to break the bank, that’s for sure. To help you along with ideas for client gifts, here is a list of things to consider.

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**Recipe Book**

For those clients that you are trying to ensure change their eating habits to more healthy options, why not gift them a recipe book. Of course, it needs to be something with healthy recipes using fresh produce.

Hopefully, that will help them keep their healthy eating habits on track. A great example is The Food Medic by Dr. Hazel Wallace, who herself is a personal trainer.

**Meal Prep Kit**

Still on the healthy eating theme, a meal prep kit is an excellent gift for clients watching what they eat. Eating healthily and maintaining that requires preparation and if you prep your meals in advance, you certainly stand a better chance of succeeding in keeping things healthy. That’s where a meal prep kit comes in handy, especially for the ability to freeze meals for the week ahead.

**Water Bottle**

The perfect inexpensive gift for any gym client, a water bottle can even include your company details and throws some advertising mileage into the deal as well. If you want to spend a little more money, you can even opt for those fancy water bottles with the fruit infuser built-in. These are particularly nice for clients that don’t like the taste of water and struggle to drink their 2 liters per day.

**Sleep Kit**

As personal trainers, we know that sleep is essential for our bodies to recover after a hard training session. Sadly, many people, even though they have worked out, still struggle to get a decent night’s. A gift of a sleep kit is something practical that can help. Sleep kits come in various guises but include things like essential oils, sleep masks and even special pillows.

**Fitness Diary**

For clients who love to record every detail of their day in terms of what they ate, the steps they took, how many calories they burned and the exercises they completed during their gym session, a fitness diary is the perfect gift.

**Shaker**

If you workout in a gym, you are going to want to drink some protein shakes during the day, right? That makes a shaker a simple and inexpensive gift for your clients. Much like the water bottle, spend a little extra to have your company logo and contact details put on it and you have a form of advertising as well.

**Earphones/Headphones**

For those of your clients who love to listen to music when they workout, earphones are an inexpensive, yet thoughtful gift. You don’t have to buy the best, just a good quality pair that they can put to use at the gym or at home.

**Fitness Tracker**

I’m not talking about an expensive fitness tracker here, as those can cost hundreds of dollars. You get cheap ones as well which count steps, calories and tell the time among a few other functions.

**Stopwatch**

For clients who train at home, a stopwatch can be a great gift.

**Foam Roller**

A useful piece of exercise equipment for a client to use at home, foam rollers are another inexpensive gift option.

**Resistance Band Set**

A resistance band set is a brilliant gift to encourage clients to exercise at home.

**T-Shirt**

An old favorite, a T-shirt with your company details makes a great gift.

**Other gift options**

Here are more gift options that you could consider:

* Protein bars
* Energy gels
* Protein flapjack pack
* Protein powder
* Music vouchers (Apple, Spotify etc)
* Phone arm band
* Fitness magazine
* A month’s subscription to a fitness website
* Nuts
* Coffee mug with your company details
* Hoodie with your company details
* Fingerprint sensor lock (for their gym locker)
* Pedometer
* Training gloves
* Supplements
* Vitamins
* Gym towel (with your company details)
* A free training session

**References:**

1. [Wellness Creatives](https://www.wellnesscreatives.com/gifts-for-personal-training-clients/)
2. [Ori Gym](https://origympersonaltrainercourses.co.uk/blog/gifts-for-pt-clients)