

# Giveaway: Products for Every Practice from Gaiam



*This post is sponsored by Gaiam.*

By Brittany Stubbs

Do you remember that resolution you made in January? This was going to be the year you got in shape and felt like your best self. Maybe you're wanting to look better for your man, or perhaps you're hoping to impress someone new. Either way, it's not too late. Gaiam has some great products to help you get started –even if you've been procrastinating for the past few weeks.

[Gaiam](#), pronounced "guy-um," is a fusion of words meaning "I am Mother Earth." The company is committed to being eco-friendly and preserving all living things. So not only do their products allow you to reach your physical goals and promote healthy living, but they help you live that "green" lifestyle

that is all the rage these days. If you're looking to get into shape in a fun and healthy way, check out these fantastic items.

The [Yoga for Beginners Kit](#) is the ultimate way to jumpstart your yoga practices. With an Alignment mat to help guide hand and foot placement, a brick for proper positioning and support, a strap to lengthen and align stretches, and a DVD that includes two full-length workouts, you'll be ready to start your yoga experience. And the best part is you can do it right in your living room!

Do you hate the sweat and crazy hair that comes with any good workout? The [Sure Grip Headband](#) is a two-inch headband with moisture-wicking fabric that helps keep you cool, while the silicone "stripe" on the inside helps keep it securely in place and tame any flyaway hairs. From doing an intense yoga workout to going on a three-mile run with your man, this headband is sure to come in handy.

Increase your range of motion, alleviate muscle tightness, and improve your posture with the [Multi-Grip Stretch Strap](#). No matter what your level of flexibility may be, the multiple hand-holds along the strap allow increasing degrees of stretch, allowing you to progress and increase your range of motion. It also includes an exercise guide to help you get the most out of this product.

One lucky CupidsPulse.com reader will win these three products in our Gaiam fitness bundle giveaway! Whether you're doing it for your man or for yourself, everyone needs some motivation to live a fit and healthy life.

~~**GIVEAWAY ALERT: To enter for a chance to win this Gaiam Fitness Bundle (which includes a Yoga for Beginners Kit, a Sure Grip Headband, and a Multi-Grip Stretch Strap), go to our [Facebook](#) page and click "like." Then, send an email to [cupid@cupidspulse.com](mailto:cupid@cupidspulse.com) with the subject "Gaiam" along with your**~~

~~full name and address. The deadline to enter is Monday, March 10th at 5 p.m. ET. Good luck!~~

**Congratulations to Grace Fenley!**

*Open to US residents only.*