




June 12, 2016

Healthy Mama



RunLite Gloves

RunLite Gloves will help dad stay visible and safe while he works out during low-light conditions of the early morning and evening hours. The gloves feature built-in, high-intensity, rechargeable LED lights to help him see and been seen, two brightness settings and a palm pocket for storage. They're also available in half- and full-length styles. (\$34.99-\$39.99)

From: FoxNews.com

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the cardio

8 Father's Day gifts for a healthier dad

Whether the special dad in your life is an avid athlete, a gym rat or needs some motivation, these seven Father's Day gifts will help him be healthy, fit and stress-free.

Unique Monthly Visitors: 31,390,258

<http://www.foxnews.com/health/slideshow/2016/06/12/8-fathers-day-gifts-for-healthier-dad.html#/slide/runlite-gloves>