4 Ways to Make Your Own Health Box as a Gift

Hello [[firstname]],

Over the last few years subscription boxes have become popular.  In fact, people like them so much because they get quality products, at a great deal without taking the time to go out and shop for the items themselves.  You might be surprised that the beauty industry started this trend, but right now there is a subscription box for almost every type of product you can think of.

In fact, even the food industry has tapped into this opportunity. There are a couple of health boxes you can choose from and with a little research, you should be able to find exactly what you are looking for.

But maybe you’re on a budget or would like to make one for a friend.  The tips below will help you with you everything you need to know about making your very own health box.

**Figure Out The Likes Of Whoever Is Receiving the Box**

You really need to think about what you’d like this box to include.  Does your friend like running?  If so, you could include some individual protein snacks for when they are participating in a marathon.  Or maybe your friend is a vegetarian.  Find products that will cater to this lifestyle choice.

**Take a Look at Niche Specific Magazines**

Another way to figure out what to put in a health box would be to check out magazines for specific things.  They have magazines for runners, yoga, healthy lifestyles, Paleo and much more.  Take a look at the ads that are in there, as well as the articles.  You might find some golden nuggets that you wouldn’t have thought of otherwise.

**Pick a Theme For the Box**

Another fun, but unique idea for a health box would be to theme all of the healthy snacks from all over the world?  The sky's the limit with this type of health box.

To do this, just pick four or five different countries from around the world, but also think about the local stores in your local area.  Some choices might be Russia, Asia or Mexico.  Then go to the search engines and see what favorite healthy snacks for that culture are.  Or you could also take a trip to the store and talk to the person behind the counter to see what they suggest.

**Just Go Shopping**

One of the quickest ways to get your box filled is to go to your local store.  You can go to a store that has a health section or go to a health store.  Find enough items to create a health box that you think the person getting it will like.

You can give a health box to so many people in your life - from a recent grad to your parents.  These are small to store and will come in handy for so many different circumstances.

[sign off]