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# The 15 Best Gifts for Active Men of 2019

Our top picks for guys on the move

By [Mandy Rich](https://www.verywellfit.com/mandy-rich-4686524) (<https://www.verywellfit.com/mandy-rich-4686524>).

Updated November 11, 2019

Our editors independently research, test, and recommend the best products; you can learn more about our review process [here](https://www.verywellfit.com/commerce-guidelines-and-mission-4158702) (<https://www.verywellfit.com/commerce-guidelines-and-mission-4158702>). We may receive commissions on purchases made from our chosen links.

## First Look

[Apple Watch Nike Series 5 at Best Buy](https://www.bestbuy.com/site/apple-apple-watch-nike-series-5-gps-44mm-silver-aluminum-case-with-pure-platinum-black-nike-sport-band-silver-aluminum/5706630.p?skuId=5706630) (<https://www.bestbuy.com/site/apple-apple-watch-nike-series-5-gps-44mm-silver-aluminum-case-with-pure-platinum-black-nike-sport-band-silver-aluminum/5706630.p?skuId=5706630>).

*"Sleek and powerful."*

[Nutri Ninja BL480 at Amazon](https://www.amazon.com/Ninja-Personal-Smoothies-24-Ounce-BL480D/dp/B01N7Y3H73/?tag=verywellfit-20) (<https://www.amazon.com/Ninja-Personal-Smoothies-24-Ounce-BL480D/dp/B01N7Y3H73/?tag=verywellfit-20>).

*"Take his protein shakes to the next level."*

[Beats by Dr. Dre Powerbeats Pro at Best Buy](https://www.bestbuy.com/site/beats-by-dr-dre-powerbeats-pro-totally-wireless-earphones-navy/6341990.p?skuId=6341990) (<https://www.bestbuy.com/site/beats-by-dr-dre-powerbeats-pro-totally-wireless-earphones-navy/6341990.p?skuId=6341990>).

*"Crystal-clear sound."*

[Hydro Flask Wide Mouth Water Bottle at Amazon](https://www.amazon.com/Hydro-Flask-Insulated-Stainless-Graphite/dp/B01GW2GVC0/?tag=verywellfit-20) (<https://www.amazon.com/Hydro-Flask-Insulated-Stainless-Graphite/dp/B01GW2GVC0/?tag=verywellfit-20>).

*"Keeps water icy cold."*

[NOBULL Training Shoes at Amazon](https://www.amazon.com/dp/B07YS5F4VK/ref=twister_B07C3LMDN7/?tag=verywellfit-20) ([https://www.amazon.com/dp/B07YS5F4VK/ref=twister\\_B07C3LMDN7/?tag=verywellfit-20](https://www.amazon.com/dp/B07YS5F4VK/ref=twister_B07C3LMDN7/?tag=verywellfit-20)).

*"The outsole lug pattern is great for rope climbs."*

[Fitbit Charge 3 at Amazon](https://www.amazon.com/Fitbit-Fitness-Activity-Graphite-Included/dp/B07FTN21JL/?tag=verywellfit-20) (<https://www.amazon.com/Fitbit-Fitness-Activity-Graphite-Included/dp/B07FTN21JL/?tag=verywellfit-20>).

*"A fitness tracker that covers the basics."*

[adidas Defender II Duffel Bag at Amazon](https://www.amazon.com/adidas-Defender-Duffel-Black-Small/dp/B06XCN3D5J/?tag=verywellfit-20) (<https://www.amazon.com/adidas-Defender-Duffel-Black-Small/dp/B06XCN3D5J/?tag=verywellfit-20>).

*"Built to last."*

[The Mirror at Mirror.co](https://www.mirror.co/shop/mirror) (<https://www.mirror.co/shop/mirror>).

*"Bring the studio to him."*

[Nike Air Zoom Pegasus 36 at Zappos](https://www.zappos.com/p/nike-air-zoom-pegasus-36-wolf-grey-black-white-bright-crimson/product/9191853/color/582421) (<https://www.zappos.com/p/nike-air-zoom-pegasus-36-wolf-grey-black-white-bright-crimson/product/9191853/color/582421>).

*"Has a lightweight feel and premium shock absorption."*

[Theragun G3PRO at Amazon](https://www.amazon.com/G3PRO-Percussive-Professional-Stimulator-Performance/dp/B07MJ2MCT3/?tag=verywellfit-20) (<https://www.amazon.com/G3PRO-Percussive-Professional-Stimulator-Performance/dp/B07MJ2MCT3/?tag=verywellfit-20>).

*"Soothes aching muscles."*

## Our Top Picks

### Apple Watch Nike Series 5



Buy on Best Buy (<https://www.bestbuy.com/site/apple-apple-watch-nike-series-5-gps-44mm-silver-aluminum-case-with-pure-platinum-black-nike-sport-band-silver-aluminum/5706630.p?skuId=5706630>)

There is very little this sleek and powerful device can't do. The Apple Watch Nike Series 5 allows him to track his workouts, take incoming calls, and can even detect falls. It's waterproof, features heart rate sensors, has a beautiful touch-screen display, and *much* more. If you're looking to impress, you can't go wrong with this gift.

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## Nutri Ninja BL480



Buy on Amazon \$100 prime

This versatile personal blender from Ninja will take his [protein shakes \(https://www.verywellfit.com/benefits-of-having-a-protein-shake-before-bed-4163465\)](https://www.verywellfit.com/benefits-of-having-a-protein-shake-before-bed-4163465) to the next level. The 1,000-watt motor can break down whole fruits, vegetables, ice, and seeds. An added bonus: it'll look great on his countertop.



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**verywell** fit (<https://www.verywellfit.com>)

## Beats by Dr. Dre Powerbeats Pro



Buy on Best Buy ([https://www.amazon.com/JayBird-BlueBuds-Sport-Bluetooth-Headphones/dp/B00AIRUOI8/ref=sr\\_1\\_1?ie=UTF8&qid=1448307318&sr=8-1&keywords=jaybird%2Bbluebuds%2Bx%2F&tag=verywellfit-20](https://www.amazon.com/JayBird-BlueBuds-Sport-Bluetooth-Headphones/dp/B00AIRUOI8/ref=sr_1_1?ie=UTF8&qid=1448307318&sr=8-1&keywords=jaybird%2Bbluebuds%2Bx%2F&tag=verywellfit-20))

These wireless earphones deliver crystal-clear sound and can last for up to nine hours until he'll need to recharge. Designed for his toughest workouts, they're sweat and water-resistant, and the earhooks will keep them in place.



## Hydro Flask Wide Mouth Water Bottle



Buy on Amazon (<https://www.amazon.com/dp/B00IF2VV26?tag=verywellfit-20&linkCode=ogi&th=1&psc=1>)

Hydro Flask's double-wall vacuum insulation will keep his water icy cold for hours when he has a long training session ahead of him. This model features a straw, making it easy to get a quick sip in between sets. It comes in lots of great colors too, to suit his style.

## NOBULL Training Shoes

Buy on Amazon ([https://www.amazon.com/dp/B07YS5F4VK/ref=twister\\_B07C3LMDN7/?tag=verywellfit-20](https://www.amazon.com/dp/B07YS5F4VK/ref=twister_B07C3LMDN7/?tag=verywellfit-20))

If you know a [CrossFit \(https://www.verywellfit.com/crossfit-4014344\)](https://www.verywellfit.com/crossfit-4014344)-obsessed guy, he'll go nuts over these NOBULL Trainers. They're comfortable, flexible, and the outsole lug pattern is great for rope climbs. These shoes are lightweight and breathable, but sturdy enough to support his toughest lifts.

Read our picks for the [best gym shoes for men \(https://www.verywellfit.com/best-gym-shoes-for-men-4770199\)](https://www.verywellfit.com/best-gym-shoes-for-men-4770199).

## Fitbit Charge 3

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Buy on Amazon \$140 prime

If he's in need of a fitness tracker that covers the basics, the Fitbit Charge 3 will do the trick. This simple but sleek device tracks heart rate, steps taken, floors climbed, and more. It's swim-proof too, so he can log his stats in the pool.

## adidas Defender II Duffel Bag

Buy on Amazon (<https://www.amazon.com/adidas-Defender-Duffel-Black-Small/dp/B06XCN3D5J/?tag=verywellfit-20>)

The Defender II is a classic, no-frills bag that's built to last. The ventilated side pocket is perfect for storing muddy shoes and sweat-soaked gear, and the padded shoulder strap makes for comfortable carrying to and from [the gym \(https://www.verywellfit.com/before-you-join-a-gym-1230933\)](https://www.verywellfit.com/before-you-join-a-gym-1230933).

## The Mirror



Courtesy of MIRROR

Buy on Mirror.co (<https://www.mirror.co/shop/mirror>)

If he's a class fanatic, why not bring the studio to him? The Mirror will allow him to try a ton of different workouts from the comfort of home. Bonus: It barely takes up any space.

## Nike Air Zoom Pegasus 36





Buy on Zappos (<https://www.zappos.com/p/nike-air-zoom-pegasus-36-wolf-grey-black-white-bright-crimson/product/9191853/color/582421>)

Nike's Air Zoom Pegasus 36 remains a favorite for its lightweight feel and premium shock absorption. If you have a serious runner in your life, he'll love these durable, comfortable shoes. They come in a range of great colors—so many that he may be tempted to snag more pairs to match his workout wardrobe.

## Theragun G3PRO

Buy on Amazon (<https://www.amazon.com/G3PRO-Percussive-Professional-Stimulator-Performance/dp/B07MJ2MCT3/?tag=verywellfit-20>)

Every fitness fanatic knows the importance of [recovery](https://www.verywellfit.com/the-benefits-of-rest-and-recovery-after-exercise-3120575) (<https://www.verywellfit.com/the-benefits-of-rest-and-recovery-after-exercise-3120575>). The Theragun G3PRO will help him massage and soothe aching muscles after a race or strenuous workout. It comes with multiple attachments to target the right muscle groups, and the range of speed options will allow him to control the intensity.

For more ideas, read our article on the [best recovery tools for athletes](https://www.verywellfit.com/best-recovery-tools-for-athletes-4771853) (<https://www.verywellfit.com/best-recovery-tools-for-athletes-4771853>).

## Project Rock Veteran's Day Warmup Pants



Courtesy of Dick's Sporting Goods

Buy on Dickssportinggoods.com (<https://www.dickssportinggoods.com/p/under-armour-mens-project-rock-veterans-day-warmup-pants-19uarmprjctrckvtwapb>)

These lightweight pants from Under Armour's Project Rock will keep him cozy through his [warmup](https://www.verywellfit.com/how-to-warm-up-and-cool-down-2911285) (<https://www.verywellfit.com/how-to-warm-up-and-cool-down-2911285>). The stretchy waistband and ankle cuffs allow for movement without restriction so he can get ready to dive into whatever challenge lies ahead.

## ClassPass Gift Card



Courtesy of ClassPass

Buy on Classpass.com (<https://classpass.com/gifts>)

If he's always down to try the hottest new studio class, give him the freedom to take them all with a ClassPass gift card. You can choose the amount and all he has to do is download the app and pick which experience to try first.

## TriggerPoint GRID Foam Roller

verywell fit (<https://www.verywellfit.com>)



Buy on Amazon ([https://www.amazon.com/dp/B008YPZQCU/ref=twister\\_B07JGM74B5/?tag=verywellfit-20](https://www.amazon.com/dp/B008YPZQCU/ref=twister_B07JGM74B5/?tag=verywellfit-20))

Foam rolling (<https://www.verywellfit.com/foam-rolling-benefits-85824>) helps keep muscles loose and knot-free. The TriggerPoint GRID Foam Roller is made from high-quality material that'll last for years to come. If he's new to foam rolling, this pick includes access to a free online video library that'll show him how to do it safely and effectively.

## Under Armour Men's Storm Elements Beanie



Courtesy of Dick's Sporting Goods

Buy on Dickssportinggoods.com (<https://www.dickssportinggoods.com/p/under-armour-mens-storm-elements-beanie-18uarmimntsbxxxxcld>)

When temperatures drop, this hat will protect him against the elements during his morning run. It's warm yet breathable and wicks away moisture. Choose from a wide range of colors to go with his gear.

Take a peek at our reviews of the [best men's cold weather running clothes](https://www.verywellfit.com/mens-cold-weather-running-clothes-2911446) (<https://www.verywellfit.com/mens-cold-weather-running-clothes-2911446>).

## Manduka PRO Yoga Mat

Buy on Amazon (<https://www.amazon.com/Manduka-PRO-Yoga-Mat-Performance/dp/B005NZ7PEQ/?tag=verywellfit-20>)

The Manduka PRO Yoga Mat is built to last a lifetime. What makes it a standout is its density; it's thicker than most mats on the market and will provide him with more stability and cushioning during his [yoga](https://www.verywellfit.com/yoga-4157113) (<https://www.verywellfit.com/yoga-4157113>) practice. They watch their carbon footprint too—they practice non-toxic, emissions-free manufacturing.

Looking for more options? Check out our roundup of the [best yoga mats](https://www.verywellfit.com/best-yoga-mats-4158192) (<https://www.verywellfit.com/best-yoga-mats-4158192>).

### Our Process

*Our writers spent 4 hours researching the most popular fitness gifts for men. Before making their final recommendations, they considered more than 50 different gift ideas, screened options from 45 different brands, read over 100 user reviews (both positive and negative), and tested 7 of the gift ideas themselves. All of this research adds up to recommendations you can trust.*












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 Young athlete jogging in the city at the river

RUNNING

## Give That Special Guy Running-Inspired Finds in 2019

 weight loss gifts

NUTRITION FOR WEIGHT LOSS

## Gift Ideas for Helping Someone on Their Weight Loss Journey

 Man looking at his sport watch

RUNNING

## There Are Many Options for Inexpensive Gifts Runners Could Actually Use

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RUNNING

## The 28 Best Running Gifts of 2019

Sunrise runner

RUNNING

## The 9 Best Running Headphones of 2019

Hiker in hammock using laptop, Yosemite, California, USA

FITNESS TRENDS

## The 8 Best Outdoor Gifts of 2019

healthy gifts

BASICS

## 10 Healthy Gift Ideas—Creative Ideas and Fun Picks

shea-moisutre-bath-soak

WALKING

## The 8 Best Gifts for Walkers of 2019

Woman stretching

RUNNING

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# The 10 Best Stocking Stuffers to Buy for Runners in 2019

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healthy valentines gift

## NUTRITION FOR WEIGHT LOSS

### Creative and Romantic Gift Ideas Without Chocolate or Candy

Couple Running in the winter

## TOOLS AND EQUIPMENT

### 31 Gift Ideas for the Health Enthusiast in Your Life

woman stretching on city bench

## RUNNING

### The 25 Best Running Gifts for Women of 2019

Woman running in cold weather

## RUNNING

### The 7 Best Men's Cold Weather Running Clothes to Buy in 2019

Woman walking with a fitbit

## WALKING

### The 10 Best Gifts to Buy in 2019 for the Walking Mom

Woman with TRX bands

# 12 Unique Fitness Gifts to Buy for Athletes in 2019

Man running in the park

RUNNING

## The 8 Best Winter Running Hats for Men of 2019

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