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Celebrate Moms with These Fit and Healthy Gifts

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Healthy Mother's Day Fitness Gift Ideas For 2012

## **CELEBRATE MOMS WITH THESE FIT AND HEALTHY GIFTS**

### **Osprey Poco Premium Kid Carrier**

If walking or hiking is her favorite sport, she can take her little one along in the newly designed **Osprey Poco Premium Kid Carrier** (\$299). Osprey sent me a Poco carrier to try, and I was amazed at how lightweight and comfortable it was to use, even on two-hour hikes. The pack weighs under eight pounds and the supersupportive hip straps make carrying a toddler easy and back pain free. The back mesh panel prevents getting all sweaty and the torso length can be easily adjusted with a quick slide up or down in case dad wants to have a turn carrying the kiddo.

There are tons of compartments all over the pack — I love the phone pocket on the shoulder strap. Two other awesome features are the removable day pack to keep snacks and extra layers and the built-in sun shade that also protects in light rain. It comes in three colors and if you want to see the pack in action, [watch this video](#).

