JOSHUA J. HOLLAND · SIMPLY WALK THE TALK

Holiday Gift Guide 2026

Gifts I Actually Use

The 2026 Holiday Gift Guide

Thirteen things I move with, recover with and travel with, why I use them, and my codes.

Browse the gear | Get the codes



A HOLIDAY NOTE FROM JOSH

Happy holidays from me and my family. Thank you for listening to Simply Walk The Talk this year.

This list is the gear I actually use, grouped by who it's for, with my codes. If you only give one thing this season, make it time outside moving together.

Josh

BEFORE YOU BUY ANYTHING

The best gift is free. Move first.

Every morning I do the same routine, whether I'm home in New York or in a small town in Hungary with my kids. I call it the Big Six Plus One. It's built on Dr. Perry Nickelston's BIG 6, it takes no equipment, and it doubles as my warm-up.

I once asked Dr. Perry why it's 10 rubs and 10 taps. He told me it just sounded like a good number. That's the whole lesson. There's no magic number, so make it yours and keep showing up for it.

I love good gear, and I wear barefoot shoes and do my foot work. Two straight weeks of marathon events still reminded me that the shoes are a starting line, not a finish line. Everything below works best on a body you're already moving.

THREE QUESTIONS BEFORE THE NEXT PURCHASE

1. Did I move before I picked up my phone today?
2. When did my bare feet last touch real ground?
3. Did the kids get room to explore today, mud and all?

Do my morning routine with me, free on YouTube ↗

Start there. Here's what I actually use on top of it.

THE GEAR

What I Actually Use

MOVE

Train anywhere, feet first



01 · TRAVEL STRENGTH · For the traveler

Synapse CCR

WHAT IT DOES

A portable cable trainer with custom calibrated resistance. It hooks onto a door with an anchor, so a hotel room or Airbnb becomes a gym.

WHY I USE IT

I'm on the road a lot between New York, Hungary and whatever event I'm working that month. This is how I keep real resistance work in my week without hunting for a gym. I walked through a door-anchor workout with it in my Eudēmonia recap.

LINK **No code needed** ..... **Use my link**

synapse-ccr.com

02 · SELF MASSAGE · For the runner

BodyLever

BodyLever Mini · BodySpindles

WHAT IT DOES

Massage tools for deep tissue relief and recovery, made for pro athletes and everyday people alike.

WHY I USE IT

I've been testing the lever right at the ankle, the kind of spot that usually needs a second set of hands. It's a good one for anyone who sits a lot or runs a lot.

CODE **JOSHHOLLAND** ..... **Code at checkout**

bodylever.com/?ref=JOSHHOLLAND





03 · FOOT HEALTH · For the walker

TFC SoleMate Kit

From The Foot Collective

WHAT IT DOES

A foot training kit with Wild Toes spacers, the SoleMate, a hacky sack and a bag. It's built to help you restore your feet and train mobility, balance and strength from the ground up.

WHY I USE IT

Your feet are your foundation. Most of us spent years in stiff, narrow shoes and our toes forgot how to spread. This is an easy place to start, and a gift that gets used on the living room floor.

CODE **JOSH** — Code at checkout

thefootcollective.com · SoleMate Kit

RECOVER

Data, calm and repair

04 · KNOW YOUR NUMBERS · For the data lover

Hume Health

Hume Pod · Hume Band



WHAT IT DOES

The Hume Pod is an at-home body composition scale and the Hume Band is a wearable that tracks your data over time. Everything lives in a free app, so you see your own trends instead of guessing.

WHY I USE IT

I use both at home and on the road, and it's where I like to start with my virtual coaching clients. You don't have to wear the band forever. A week or two of real data usually starts a better conversation.

CODE JOSH — Code at checkout

humehealth.com



05 · CALM AND SLEEP · For the one who needs calm

The OneDevice

WHAT IT DOES

A wearable that uses sound and light frequencies, made for calm, focus and sleep. I wear mine on a magnetic necklace.

WHY I USE IT

Time zones, travel and two kids don't make for calm days. I had Dmitri Leonov from The OneDevice on the show, and the line that stuck with me was that the only study that matters has a sample of one. Wear it and pay attention to how you feel.

CODE JOSH — Code at checkout

theonedevice.com/joshuaholland

06 · GROUNDING · For the homebody

Earthing

WHAT IT DOES

Grounding products for the home, like starter kits, grounded sheets and mats, for the hours you spend indoors.

WHY I USE IT

Bare feet on grass or sand is free and it's still my first choice. Earthing gear covers the time I'm stuck inside, at a desk or asleep. I've been putting it through a how-to test series on my YouTube channel.

CODE JOSH — Code at checkout

earthing.com





07 · REPAIR · For the biohacker

STEMREGEN

WHAT IT DOES

Plant-based formulas made to support your body's natural repair system by increasing circulating stem cells.

WHY I USE IT

I sat down with founder Christian Drapeau on the podcast and again on stage at Eudēmonia, where I also led a movement session for STEMREGEN. Most people don't know they have a repair system. Sleep, food and movement come first. This sits on top.

CODE JOSH — Code at checkout

stemregen.co/josh

08 · TOPICALS

For the natural remedy fan

Micronic Silver

WHAT IT DOES

Silver and ozone topicals and supplements.

WHY I USE IT

They're my newest partner. I met the team in person at Eudēmonia this year and talked about it in my recap episode.

CODE **JOSHHOLLAND**

Code at checkout

micronicsilver.com/?ref=JOSHHOLLAND



COFFEE AND FUEL

The morning ritual travels with me



09 · TRAVEL COFFEE · For the coffee lover on the go

KEITH Titanium

Black Friday collection live through Dec 1 ↗

WHAT IT DOES

Ultralight titanium coffee gear and cups. The pour-over kit is the one I travel with.

WHY I USE IT

I make pour-over in Airbnbs and hotel rooms all year. It's light enough that I never think twice about packing it, so my morning coffee ritual comes with me wherever I land.

CODE **JOSHUA10** — Code at checkout

keith-ti.com/discount/JOSHUA10

10 · EVERYDAY COFFEE · For the coffee lover

Purity Coffee

WHAT IT DOES

Health-focused specialty coffee. This year they have holiday sampler gift boxes, which make an easy present.

WHY I USE IT

It's my everyday coffee. Put a bag of it with the KEITH kit and you've covered someone's whole morning.

CODE **JOSHJ** — Code at checkout

puritycoffee.com/JOSHJ





11 · RECOVERY NUTRITION · For the athlete

Resync

WHAT IT DOES

Recovery nutrition built on a plant-based nitric oxide blend of red spinach, aronia berries and red beets.

WHY I USE IT

This is Barbara Depta's line. She came on the show, then held down our booth at Eudēmonia on her birthday. I trust her, and she set up a special for this community too.

CODE **WALK15** — **Code at checkout**

resyncproducts.com/discount/walk15

Resync Your Body · Simply Walk The Talk special

FAMILY AND EVERYDAY

For everyone on your list

12 · LAYERS · For the whole family

Woolly



WHAT IT DOES

Merino wool clothing. Soft, breathable and a lot less plastic against your skin.

WHY I USE IT

We move between countries and seasons a lot. Wool layers pack small and get worn every day, which is what I want from anything I give.

CODE **JOSH** Code at checkout

woolly.clothing/JOSH



13 · EYEWEAR · For the screen worker

Hyperlight Optics

WHAT IT DOES

Eyewear with blue light and UV protection, made with their patented Fullerene C60 technology.

WHY I USE IT

Most of us spend a lot of the day under screens and indoor light. A good pair is an easy gift for the person who's always on a laptop.

CODE **JOSH10** Code at checkout

hyperlightoptics.com

STOCKING STUFFERS

Small gifts, same codes

Purity Coffee holiday sample-size bags

`JOSHJ`

puritycoffee.com/JOSHJ

KEITH Titanium cups and sporks

`JOSHUA10`

keith-ti.com/discount/JOSHUA10

The Recovery Pen, a portable, battery-free recovery tool

`Josh10`

therecoverypen.com

QUICK REFERENCE

Codes and links

PRODUCT	CODE	LINK
Synapse CCR	None, use my link	synapse-ccr.com
BodyLever	JOSHHOLLAND	bodylever.com/?ref=JOSHHOLLAND
TFC SoleMate Kit	JOSH	thefootcollective.com · SoleMate Kit
Hume Health	JOSH	humehealth.com
The OneDevice	JOSH	theonedevice.com/joshuaholland
Earthing	JOSH	earthing.com
STEMREGEN	JOSH	stemregen.co/josh
Micronic Silver	JOSHHOLLAND	micronicsilver.com/?ref=JOSHHOLLAND
KEITH Titanium	JOSHUA10	keith-ti.com/discount/JOSHUA10
Purity Coffee	JOSHJ	puritycoffee.com/JOSHJ
Resync	WALK15	resyncproducts.com/discount/walk15
Woolly	JOSH	woolly.clothing/JOSH
Hyperlight Optics	JOSH10	hyperlightoptics.com
MORE FROM MY LINK LIST		
Fatty15	JOSHUAJHOLLAND	fatty15.com/JOSHUAJHOLLAND
The Recovery Pen	Josh10	therecoverypen.com
Human Locomotion	joshuajholland10	humanlocomotion.com
RA Optics	joshuajholland	raoptics.com
Prima protein bars	None, use my link	eatprima.com/JOSHUA20940
My Amazon storefront	None, use my link	amazon.com/shop/joshuajholland

Codes are set by each brand and can change, and sale pricing may not stack with a code. Check your total at checkout before you pay.

LISTEN IN

Simply Walk The Talk

Most of the gear in this guide came up on the podcast first. Every week I talk with people who walk the talk on movement, recovery and real life, plus solo updates from wherever I happen to be.

YouTube · Apple Podcasts · Spotify · Buzzsprout

SIMPLY WALK THE TALK

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