

HOST: THIS HOLIDAY SEASON, ARE YOUR ONLY WORKOUTS SHOPPING AND COOKING BIG MEALS? I'M RISE JILL MILLER.

HOLIDAYS CAN MAKE IT HARD TO KEEP YOUR FITNESS ROUTINE ON TRACK. THIS SEASON, IT'S EASIER THAN YOU THINK TO FIND THE MOTIVATION TO HIT THE GYM OR HEAD OUTSIDE FOR A RUN.

MARIO LOPEZ, TV PERSONALITY AND FITNESS ENTHUSIAST

MARIO: MUSIC IS A BIG MOTIVATOR FOR ME AND I'M OBSESSED WITH TRACKING MY FITNESS STATS. I'VE BEEN USING MOTOACTV FROM MOTOROLA AND IT'S THE ULTIMATE FITNESS DEVICE I CAN TRACK MY SPEED, DISTANCE, CALORIES BURNED AND THE MUSIC PLAYER ACTUALLY KEEPS TABS ON WHAT SONGS MOTIVATE ME THE MOST AND IT PLAYS THE SONGS I NEED TO HEAR WHEN I'M RUNNING OUT OF STEAM OR I NEED TO GO THAT EXTRA MILE AND MY MOTOACTV IS REALLY COOL BECAUSE LIKE HAVING A PERSONAL TRAINER AND D-J WITH ME AT THE SAME TIME.

HOST: A GPS FITNESS TRACKER WITH A BUILT IN MUSIC PLAYER "AND" HEART RATE MONITOR MAY BE "JUST" THE AMMUNITION YOU NEED TO GET THROUGH THE BIGGEST FITNESS ROAD BLOCKS. VISIT MOTOACTV DOT COM TO LEARN MORE. AND, IT'S A GREAT HOLIDAY GIFT TO KICK START THE NEW YEAR.