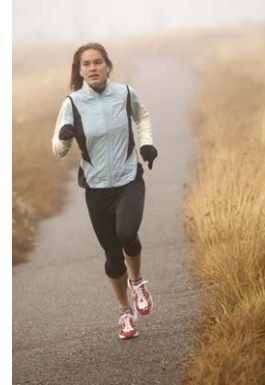


## **Another Year, Another New Year's Resolution – But This Year You'll Have An Edge**

This January, millions of Americans will put holiday indulgences behind them as they shift their focus from giving gifts to making those highly-anticipated New Year's resolutions and more than half of the resolutions pledged across the country will be about fitness.

Worried about how you will keep your fitness resolution? Afraid you'll fall off the workout bandwagon come February? Fear not; here are three tips and a great new product to help make 2012 the year your resolution finally sticks.



**Be Specific** – Make sure your fitness resolution is small enough to achieve and specific enough to measure each day. Committing to lose weight is a great idea, but attaching a specific, measurable action like working out for 30 minutes three times a week, turns that idea into an attainable goal.

**Get Pumped** – Music can take your workout to the next level. Give your goals a soundtrack with MOTOACTV by Motorola – the world's first GPS fitness tracker and smart MP3 player – all in one. The device can rock up to 4,000 of your favorite songs while tracking your every move and the smart music player learns what tracks motivate you by measuring your performance against your jams. It uses those songs to create your personal high-performance playlist that you can count on when the going gets tough. It also tracks your fitness stats including time, distance, heart rate and even calories burned.

Now you have no reason to cut that workout short. For more information, visit [www.motoactv.com](http://www.motoactv.com).