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Keeping Fit

Wake up on right side of bed with motivational clock



Cary Castagna - February 6th, 2010



My Workout Wake Up Call iPod Dock Alarm Clock

Ever yell at your alarm clock? C'mon, sure you have. I admit I've muttered a few curse words in its direction while fumbling for the "snooze" button on the occasional early Monday morning. Excuse my French.

Anyway, now there's an alarm clock that can talk back. But the clock I'm talking about spews out nothing but pleasant positivity designed to make you wake up and work out.



Cool idea

It's called "My Workout Wake Up Call" – a unique motivational alarm clock that helps you rise and shine and then get your body in motion with inspirational messages and some orchestral music. The upbeat music has been recorded by the American Wind Symphony Orchestra (www.americanwindsymphonyorchestra.org).

Sure beats the annoying buzzer that wails from traditional alarm clocks.

Each messages lasts for up to 10 minutes to help ensure you start your day right – with a great workout.

There are a few different models. I've got the iPod Dock Alarm Clock and I love it. Other models include an MP3 Cube.

It's as easy as downloading several weeks worth of messages into my iPod, plugging my iPod into the clock and then setting the clock.



Robin Palmer, creator of My Workout Wake Up Call Motivational Alarm Clock.

The concept is based on research showing that the "mindset upon awakening influences one's perspective as the day progresses. My Workout Wake Up Call's unique message structure enhances awakening uplifted with positive energy," according to Robin B. Palmer, the creator of the cool idea.


Palmer, who is in fantastic shape herself, played lead roles in Broadway musicals for 15 years. She says that once she settled down and had a family – which was accompanied by the typically hectic lifestyle – she kept wishing for an affordable personal trainer to inspire her to wake up and work out each morning. Of course, that never happened. So Palmer used her imagination and technology to create My Workout Wake Up Call. And the rest, as they say, is history.

Visit www.MyWakeUpCalls.net, for more info.



Tags: [motivational alarm clock](#), [My Workout Wake Up Call](#), [Robin B. Palmer](#)

1 comment

1.  [Robin B Palmer](#) says:
February 8, 2010 at 3:37 am
Hi Cary!

Thank you so much for your wonderful article about MY WAKE UP CALL Motivational Alarm Clock! I am so happy that you enjoy MY WORKOUT WAKE UP CALL! Please let me know if you would like me to forward MY WELLNESS WAKE UP CALL month of messages to you, for some added variety!

All the best to you!

Robin Palmer
info@mywakeupcalls.net

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About Cary

Cary Castagna has interviewed industry icons from Jack LaLanne and Jake Steinfeld to Denise Austin and Richard Simmons. His Keeping Fit column runs in more than 30 Sun Media newspapers across Canada.

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