

Health & Fitness Blog
 News and Notes from Amber Smith

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Win this "My Workout Wakeup Call" motivational alarm clock

By Amber Smith/The Post-Standard
 January 08, 2010, 12:00PM



www.mywakeupcalls.net

This clock sells for \$44.95.

Think an **alarm clock** that speaks to you, like a personal trainer, to "wake up and work out" would actually help you get out of bed and work out?

We've got **one of these motivational alarm clocks** to award to one lucky reader. They sell for \$44.95 and don't include the iPod.

The MY WORKOUT WAKE UP CALL iPod Dock AM/FM Alarm Clock Radio includes one month of downloadable MP3 motivational messages from a personal trainer. Each morning awakened to specially structured 8 to 10-minute motivational messages. Wake up to daily uplifting positive messages instead of annoying,

jarring alarm buzzers.

For your chance to win, send an email to health & fitness editor Amber Smith at asmith@syracuse.com. Put "Wake Up" in the subject line, and be sure to include your name and mailing address. The deadline to enter is noon, Friday Jan. 15. The winner will be chosen in a random drawing, and the clock will be shipped to their address.

To keep UP TO SPEED on more great contests like this one, **subscribe to the free weekly UP TO SPEED newsletter**, which lands in in-boxes Monday mornings. Not only does it contain contest updates, you'll also get links to the latest and most interesting news regarding health, fitness and nutrition.

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