

h+f ON LOCATION: Energy Fitness

“How do you stay motivated during the holidays?”



Harry Long
General Manager
730 am Fox Sports
Radio Station
“I stick to my
exercise routine
through the holidays
so I don't have to
start all over at the
beginning of the year.”



Sebree Bird
Mom
“I try not to get
too hungry, so then
I won't binge on
the holiday meals.
Everything is fine in
moderation.”



Gayle Lakey
Attorney
“Christmas cookies
keep me motivated.
I know I am going
to eat them, so I
keep up my exercise
so I can indulge.”



**Tamara
Hammons**
FedEx
“I try to eat less of
the bad foods during
the holidays so I
don't sabotage all
my hard work.”



**Howard
Hayden**
Attorney
“I think about the
cost of replacing
all my clothes if
I gain weight.”



Jerry Stiles
Retired
“I do monthly
weigh-ins at Weight
Watchers so it keeps
me on my toes.”



Lisa Sullivan
Personal Trainer
“I try to do
30 minutes of car
a day. It keeps my
energy up so I can
plan, shop and eat
the holidays.”

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Photos by Amy G