



FOR IMMEDIATE RELEASE

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### **THE PERFECT HOLIDAY GIFT: EFFECTIVE, EASY EXERCISE**

Gift subscriptions for new exercise streaming service give loved ones access to proven workouts, anytime, anywhere.

If you're tearing your hair out making your gift list this year, why not get creative and give your loved ones something they can really use? The health benefits that come from convenient, quality workouts on tap.

We all know that workaholic friend strapped for gym time, a business traveller struggling to stay fit on the road, or a busy mom yearning for the time to exercise.

A subscription to the LES MILLS™ On Demand streaming workout service could be the perfect holiday gift. It's a subscription that gives your loved ones access to a digital library of workouts. Whatever their style there's a workout to suit – weight training, martial arts, core training, new yoga, indoor cycling, and dance. You can also get the benefits of high-intensity interval training on your digital device.

All the workouts are scientifically structured to challenge, reward and drive results for any fitness level from beginner to athlete. Gone are the days of fitness DVDs that date after several uses. LES MILLS On Demand adds new workouts every week, so there's no chance of 'exercise boredom' creeping in.

All the workouts stream via the Les Mills website or through free apps on your iPad, Android tablet, Android TV, Kindle Fire tablets and Amazon Fire TV. You can also cast your workouts to Apple TV and Chromecast.

The best part? You can avoid the holiday rush. A gift subscription is available for purchase right now for just \$12.99 per month at [lesmills.com/ondemand](https://lesmills.com/ondemand). Then sit back and enjoy the avalanche of gratitude from your loved ones when their fitness resolutions finally become a reality.

**About Les Mills**

Les Mills is on a mission to create a fitter planet.

Find out more at [www.lesmills.com/about-us](http://www.lesmills.com/about-us)

**ENDS**

Notes to editors

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