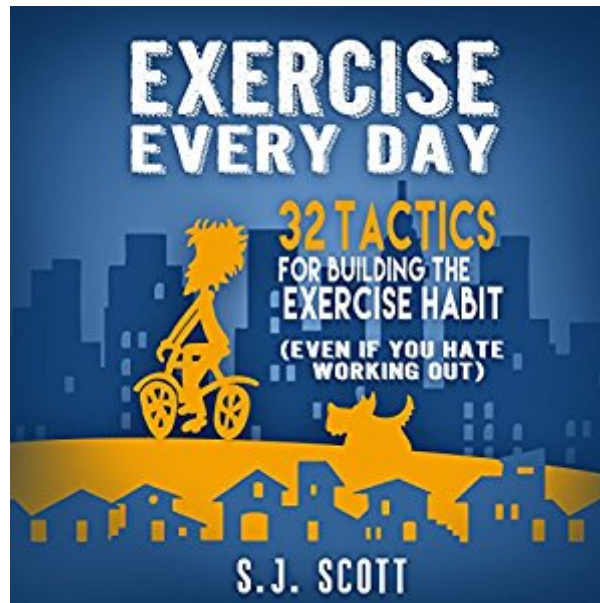




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Exercise Every Day: 32 Tactics For Building The Exercise Habit



Synopsis

Wish you had time to exercise? Turned off by the "meat market" scene at most gyms? Or are you simply unsure about how to get started with a daily workout? The good news is that you don't have to follow extreme exercise programs like Insanity and P90X or spend every free moment in the gym to experience the health benefits exercise has to offer. All you need to do is make a simple goal to exercise every day in a way that fits your already busy schedule. The truth? You struggle with exercising because of specific workout obstacles. Here's the thing: Most people have both the desire and capacity to exercise, but they never get started because they allow obstacles to get in their way. For instance you might feel exhausted when your alarm clock goes off two hours earlier than usual in the morning, so you can't bring yourself to make it to boot camp class. Or perhaps you don't have space in your house for lots of weights and equipment. These are real-life obstacles, and it's likely that issues such as these have prevented you from engaging in regular exercise. In this book you will have the opportunity to identify those obstacles that seem to continually get in your way. Then you will learn how to review each obstacle and identify the specific solutions to experience a personal breakthrough.

Book Information

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Customer Reviews

You can have all the fitness info you need, but still not get to the gym. This book gets you into the habit, into the gym, or into your running shoes. No matter what your style of fitness and exercise is going to be, this book is your tool to actually DOING it.

OK Steve has done it again - written an easy to read book full of common-sense advice that is effortless to put into action. My four favourite parts of this book are: 1. Early in the book Steve introduces "Paralysis by analysis" - now while I have never suffered from this in regard to exercise, I have suffered with it in other areas of my life. This is a genuine condition AND it is paralyzing. His recommendations for overcoming this condition works equally well for other situations apart from exercise and I intend to implement them asap. 2. Lack of Motivation - I agree with Steve - basically set up a daily structure and just do it. I get up at 5 am everyday to walk my dog and never ask myself if I am motivated. If I'm not prepared to walk the dog, I should give him away. Motivation has nothing to do with it - just do it. 3. I love the concept of Habit Anchoring - I haven't used this before but can think of hundreds of ways this can be implemented in my life. 4. Make exercise fun...yes, yes, yes. You won't keep it up if you don't enjoy it. My goal is not to be a bent over old lady (in the future). You can't wait until you're old before you decide to be healthy in your old age - the effort must be made while you're younger.

This book is full of practical ideas for how to incorporate exercise into your life. I appreciate how the author quickly gets to the point without making us read a lot of fluff. He references a sufficient amount of theory but doesn't bog down in unnecessary detail. Yet he offers a multitude of strategies for overcoming hurdles and being successful in developing this important habit. I love the idea of starting with a modest approach to exercise until the daily habit is established. Thanks for a well written and down to earth book.

A concise well laid out book. A good read to get you going with an exercise program. All the excuses we make are addressed so in the end it is up to us to get up and get going today and begin the journey to a healthy lifestyle.

I got a lot of tips on new things to try from this book. I like to take "exercise snacks" throughout the day-when studying about every 15 minutes- so I was looking for something quick and relatively easy to do at a moment's notice and got some good ideas from this book.

This book covers well everything from planning to executing an exercise program. It is no nonsense, filled with usable tips, and avoids the claptrap and empty promises of so many exercise-related books. I am starting my new exercise routine tomorrow and feel I have better insight into success than ever before.

I truly enjoyed this book! The one thing I would mention would be coming down with an illness. Often times after starting a new workout routine I come down with a cold and feel miserable to workout. Recommendations on that would be a great addition :)

Questioning my exercising ability because of my age, "Exercise Every Day" gave me the push I needed. I look forward in doing, small as it may be for now, my daily exercise routine. This is an easy book to read but still full of great exercise tips, encouragement and motivation. Thank you Steve Scott for all your inspiration, great book, highly recommended.

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