

Exercise Every Day: 32 Tactics for Building the Exercise Habit

By S.J. Scott

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LEARN:: How to Build a Powerful Daily Workout Routine

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 the book "Exercise Every Day", 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.

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"Exercise Every Day" contains a step-by-step blueprint for identifying your workout obstacle and learning how to overcome them.

You will learn how to:


** Identify the reason why you struggle with exercising

- ** Use "Habit Anchoring" to Quickly Build a New Workout Routine (Tactic #4)
 - ** Determine *What* Workout Routine is Right for YOU (Tactic #1)
 - ** Maximize Those Small Pockets of Time (Tactic #18)
 - ** Harness the Power of Micro-Commitments to Never Miss a Daily Workout (Tactic #5)
 - ** Use Technology (like mobile Apps) to Track Your Daily Exercise (Tactic #8)
 - ** Overcome Injury, Illness and Extended Life Interruptions (Tactic #29)
 - ** Make Working Out Fun... Even if You Normally Hate it (Tactic #7)
 - ** Find the Right Gym OR Home Workout Routine (Tactic #27)
- Stop overthinking your exercise routine. It's possible to build your fitness, without requiring too much of your free time.

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