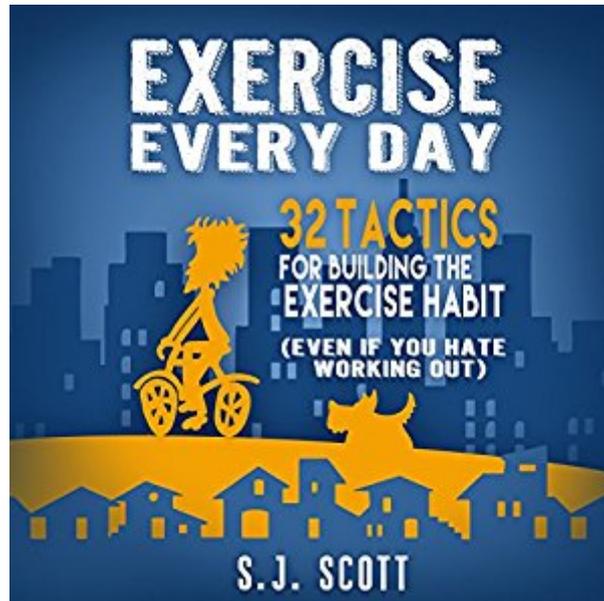


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Exercise Every Day: 32 Tactics For Building The Exercise Habit



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

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.

I highly recommend Exercise Every Day for anyone who wants to improve his or her current level of fitness. Steve explains how to overcome common exercise obstacles, such as self-consciousness, lack of time, bad weather and lack of money or interest in gym memberships. Step by step (no pun intended), Steve takes you through the process of determining your personal goals and customizing a realistic fitness plan. Like other books in his Good Habit book series, Exercise Every Day uses powerful tactics like anchoring new habits to an existing routine. Here is one of his examples: "After I complete my work in the morning, I will take a 10-minute walk before eating lunch." You will find information on useful technology like heart rate monitors and exercise logs as well as the top wearable devices and workout reminders, such as Workout Trainer. He explains how to redefine your concept of exercise, enlist the assistance of family members, avoid burnout and break through plateaus. The book also has a tactic section on low-impact exercises for injured, out-of-shape or older people. Steve's self-deprecating humor, real-world approach and wonderful writing style makes Exercise Every Day a must have for anyone who needs nonjudgmental motivation and direction.

There are three reasons why I admire Scott's books:1) They are extremely affordable.2) They are easy and practical to read.3) They always deal with topics that relate to everyone's lives somehow, and adopting a positive tone of encouragement. The new one is no exception to the rule. Everybody knows that exercising is a must have habit. And sometimes all that we need is a little text like this to remind us that we should be exercising right now. I recommend this for all those, busy or lazy, who know they should be exercising right now. And I hope Scott gets motivated to write hundreds of other books to encourage us all to be better people. Highly recommended!

Being older the book ANSWERED a lot of questions and got me started on the right foot. Needed that little boot to get going !!!!!

Steve is the master of taking overwhelming goals and making them do-able! As one who struggles to maintain a daily exercise habit, I found this book so practical and useful. Exercise doesn't have to be a massive undertaking. By taking advantage of small amounts of time, you can build a sustainable habit without all of the dread and excuses. Having read many of Steve's books, it's clear he walks the walk and has an amazing array of good habits that he's established using the techniques he presents in his habit books. This is just one more concise and easy-to-follow program for creating one of the most important habits and making it stick. Thank you Steve!!

But I like how I feel after I do it. I've never experienced "exercise high" so each time I work out, it's a struggle to get started. I don't need to know "how" to exercise - but I do appreciate a swift kick to get me out of bed so I start my workout before my work day. Steve's simple motivational techniques are a helpful boost if you need some small habit-building steps to create a daily work-out ritual. Steve presents different techniques and ideas so even if some of them don't work for you, there will be still be others that will help you get motivated. The title sums it up - Exercise Every Day is a worthy goal for any of us. How to get there is the challenge. The step-by-step approach in this book will get you closer to achieving it.

S.J. Scott has produced a thoughtfully written, nicely structured "how to" book about exercise, explaining how to embrace, on a daily and regular basis, a habit which returns far more than was invested. He has distilled this habit into a few key rules and suggestions, written for people at all levels of activity and lifestyles, into an easy to read, easy to follow book - with an encouraging and helpful tone. Nicely done Mr. Scott.

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