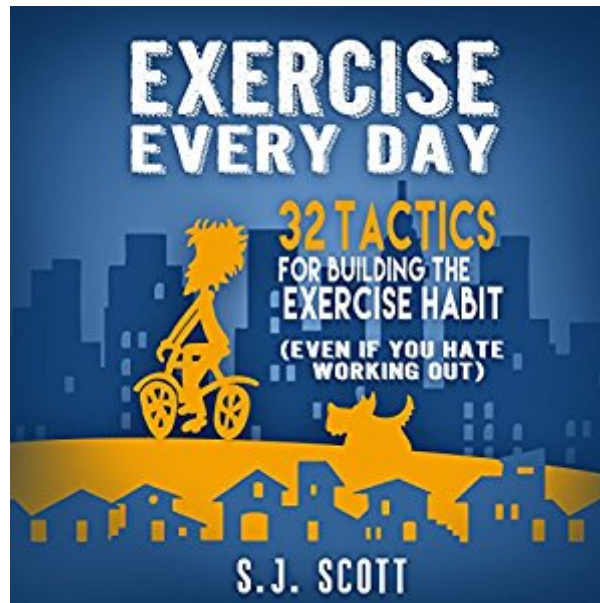




Ebook Directory
the best source of ebook

The book was found

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

Audible Audio Edition

Listening Length: 2 hours 54 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: S.J. Scott

Audible.com Release Date: May 8, 2015

Language: English

ASIN: B00XDQZF1W

Best Sellers Rank: #56 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #1451 in Books > Audible Audiobooks > Health, Mind & Body > Self-Help #1546 in Books > Health, Fitness & Dieting > Exercise & Fitness

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.

[Download to continue reading...](#)

Exercise Every Day: 32 Tactics for Building the Exercise Habit (Even If You Hate Working Out)
Exercise Every Day: 32 Tactics for Building the Exercise Habit Tactics Time! 1001 Chess Tactics from the Games of Everyday Chess Players (Tactics Time Chess Tactics Books) Tactics Time 2: 1001 Real Chess Tactics From Real Chess Games (Tactics Time Chess Tactics Books) How to Build Self-Discipline to Exercise: Practical Techniques and Strategies to Develop a Lifetime Habit of Exercise TIDYING UP: ORGANIZE & DECLUTTER 10 MINUTE CLEANING HABIT: SIMPLE STRESS-FREE HABIT TO SPARK JOY WHEN YOU TIDY UP Habit 5 Seek First to Understand then to be Understood: The Habit of Mutual Understanding (The 7 Habits) Habit 7 Sharpen the Saw: The Habit of Renewal (7 Habits of Highly Effective People Signature) Habit 1 Be Proactive: The Habit of Choice (The 7 Habits) Habit 4 Think Win-Win: The Habit of Mutual Benefit (7 Habits of Highly Effective People Signature) Habit 3 Put First Things First: The Habit of Integrity and Execution (7 Habits of Highly Effective People Signature) Habit 2 Begin With the End in Mind: The Habit of Vision (7 Habits of Highly Effective People) Habit 6 Synergize: The Habit of Creative Cooperation (7 Habits of Highly Effective People Signature) The Isometric Exercise Bible: A Workout Routine For Everyone (abs, building muscle, anti aging, exercise workout, home workout Book 1) Day Trading: Make Hundreds Daily Day Trading One Hour a Day: Day Trading: A detailed guide on day trading strategies, intraday trading, swing trading and ... Trading, Stock Trading, trader psychology) Chess: Tactics & Openings To Dominate Your Opponent - Suitable For Beginners - Including Diagrams & Images (Chess Openings, Chess Tactics, Checkers, Board ... Chess Patterns, Checkmate, Puzzles & Games) Chess Tactics for Champions: A step-by-step guide to using tactics and combinations the Polgar way Progressive Tactics: 1002 Progressively Challenging Chess Tactics Strategies and Tactics for the MPRE (Multistate Professional Responsibility Exam)

(Emanuel Bar Review) (Strategies & Tactics) Strategies and Tactics for the MBE (Strategies & Tactics for the MBE Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)