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# Blog Post

**Main Keyword: Start Exercising**

## 4 Easy Steps to Start Exercising and Stick with It

Have you ever signed up for an exercise program and struggled to start exercising and stick with it? You're not alone.

For various reasons, many of us struggle to get active. And if we do, we don't maintain it despite our best intentions.

You know there are many great benefits to exercising. From improving your health and energy to reducing stress and depression. And with easy access to exercise instructions and workout plans, exercising daily should be the norm.

But it isn't. Exercising is more than "*making it a habit*".

You need to have the right mindset and take a smart approach to get fit.

The three most common reasons people don't exercise are a busy schedule, too tired, and boredom with the exercise.

In fact, the biggest barrier is **mental**.

Maybe it is work-life and family obligations that are hampering you from taking the first steps. It could be the exercise sessions scheduled don't suit your body clock. Perhaps the workout plans have become repetitive, and you've lost your motivation.

We've all be in your spot once or twice – *five* in my case!

But not all is lost. You can do what I did and get back in the groove.

Here are **5 easy steps to start exercising and stick with it**.

### 1. Remove Obstacles to Start Exercising

The first thing you need to do is check your expectations. Accept and acknowledge that it's going to take time to get fit. Just because you started exercising, doesn't mean your body is going to transform overnight. Set small achievable goals. Focus on consistency rather than obsessing over results. The physical payoff will show over time.

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Next up, attitude. It's **NOT** all-or-nothing. The physical advantages of exercise can be gained without spending long hours at the gym. Or forcing yourself through monotonous and difficult exercises you hate. In fact, it's the opposite. By adding small amounts of physical exercise to your routine, it can have an impact on your mental and physical health.

## 2. How Much Physical Activity Do You Require?

The current recommendation for adults is at least 150 minutes of moderate activity per week. Breaking it down and it's a brisk walk or pushing a lawnmower for 30 minutes, 5 times a week. If you can't find 30 minutes in your busy schedule, split it up into two 15-minute workouts. They can be as just as effective.

The intensity of the activity – whether low, moderate, or vigorous depends on your fitness level. A general intensity guideline is:

- Low intensity: You can breathe easily but not yet sweating.
- Moderate intensity: You're breathing faster and starting to sweat.
- Vigorous intensity: You're sweating and breathing hard to speak in full sentences.

Moderate intensity exercises are sufficient to improve your overall health.

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The main thing to remember is doing something is ALWAYS better than nothing. Fun fact – one minute of activity will help you lose more weight than no activity at all. You can find out more about the types of exercise you should include and how hard you should work out [here](#).

### 3. Start Making Exercising a Habit

How many times have your New Year's resolutions to get fit crashed and burned before the month was over? It's not because you lack the determination or willpower. It's because exercising has not become a habit for you. Thanks to science we now know there is a right way to build habits that last.

#### Start small and building momentum

Begin with easily achievable goals and as you meet them you build self-confidence and momentum.

#### Set up automatic triggers

One successful way to form an exercise habit is using triggers. Triggers or reminders – a time of day or cue – that starts an automatic reaction. Your alarm clock goes off and you do pushups.

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You finish work and head straight to the gym. Triggers help remove the decision aspect and put your routine on autopilot.

[Do activities that increase your happiness and confidence](#)

What are the chances you will stick to an exercise that is unpleasant or makes you feel inept? Zero to Nil! Instead, pick activities that suit your preferences.

#### 4. Make Exercise More Enjoyable

As mentioned earlier, you're more likely to stick with a workout regime that's fun and productive. No amount of willpower will prevent you from quitting a workout you hate. There are many alternative exercises to weights and cardio machines.



Think about activities that you like and pair them up into an exercise routine. Dance to music as you do your household chores. Read a book as you ride that stationary bike. It's possible to find a physical activity you enjoy that is not running, swimming, or weightlifting.

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Another way to make exercise more enjoyable is to make it social. Working out with others helps your motivation levels up. A little healthy competition adds to the fun and excitement of the workout.

### Set Yourself Up for Success

If you follow these four steps, you're on the path to start exercising and sticking with it.

However, no matter how much you enjoy a workout, you may ultimately get bored. Take this opportunity to try something new.

If you have a family, get them involved. There are many programs families can exercise together. Take Basketball Yoga Blast for example. Its unique combination of basketball drills and yoga moves helps you to reduce weight, build strength, flexibility, and improved general wellness.

It's easy to follow, you can be done at home, and it gives you a great workout in less than 30 minutes. You can read more about Basketball Yoga Blast [here](#).

I hope you found this post useful and helps you start exercising and stick with it.

Let me know your thoughts and progress in the comments section.

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# Online Ad

No More Boring Workouts | Have Fun While Losing Weight | Free  
Guide to a Blast Workout

<https://www.basketballyogablast.com/FreeGuide/>

Want to **lose weight** and **have fun** at the same time? **Bored** of the same old gym routine?

Discover what happens when Basketball meets Yoga. **Download our guide** and have a blast!

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# Landing Page

## Have A Blast While Losing Weight with Basketball Yoga

Learn how combining basketball exercises and yoga techniques can help you lose weight, build strength, flexibility, and still have fun!

Whether you're just getting started or looking to improve your Crane Pose, our guide will ensure you get a fantastic workout while having a **blast!**



From this guide you'll learn how to:

- Increase your agility, strength, and stamina to burn more calories.
- Decrease stress levels, boost your self-esteem and enhance your performance at work.
- Add variety to your routine, keeping it fresh and interesting.

Users that follow our guide feel a definite difference within the first week of starting the program. They are better disciplined, more focused, and energized.

Complete the form with your details to download your Free Guide to a Blast Workout immediately!

Look forward to your workouts again!

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# Email

## Are you going to miss all this fun?!?

I'll be honest, I'm a little surprised that you haven't started your FREE 14-Day trial to Basketball Yoga Blast (BYB) and grabbed your free gift high-quality yoga mat yet.

Check it out here:  
<https://www.basketballyogablast.com/Free14DaysBlast/>

August is going to be an AMAZING month for our BYB members.

Fitness enthusiasts who find **conventional workouts boring** will love our unique 30-minute, 24-day program. The program is designed by basketball legends LeBron James, Dwayne Wade, and Sue Bird in collaboration with world-renowned personal fitness trainers Michelle Lewin and Rachel Brathen. It focuses on developing your mind and body simultaneously.

Once we shared the program details with our advanced-level members, it blew them away! They loved how we targeted routine variation to **keep things fresh and interesting** for them.

All our Basketball Yoga Blast programs are **fun and easy-to-follow at-home programs** that give you a GREAT workout in less than 30 minutes. Because of the proven combination of basketball drills and Yoga moves, you'll see a leaner and more flexible you.

<https://www.basketballyogablast.com/Free14DaysBlast/>

Here is what some professional sportspersons have to say about it.

- Hilary Young has found relaxation and strength through BYB. Additionally, she practiced couples' power yoga with her partner to develop a **deeper level of intimacy and connection**.
- Golden State Warriors Head Coach, Steve Kerr recently said in an interview with ESPN that, "After trying Basketball Yoga Blast with my team, the results have been amazing. It helps each member **achieve their personal best**."

**AT LEAST** once a month, we add new programs to BYB. Our members get immediate access once we release them, and that includes members like you on the FREE 14-day trial.

Honestly, I'm not sure why you haven't signed up for the free trial since traditional workouts no longer get **your mojo going**.

You can learn more about our FREE 14-Day trial to Basketball Yoga Blast offer here:  
<https://www.basketballyogablast.com/Free14DaysBlast/>

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Talk Soon

Tarun Denniz

P.S. I almost forgot, if you [sign up right now](#) you'll get an NBA-quality basketball (worth \$56.98) for free to go along with your free yoga mat!

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# Sales Letter

Bored of the same old gym routine? Want to lose weight and have fun at the same time?

## This Unique 30-minute Workout Helps You Lose Weight While Keeping It Enjoyable

Dear Fitness Enthusiast,

Joining a gym is great – at first. You have an instructor to help guide you. You see other people working out and you get motivated. They give you a training schedule to help build your strength and endurance.

- Month 1 - Chest, arms, and back every Monday, Wednesday; legs every Tuesday and Saturday, and cardio on Friday. Sunday is your rest day!
- Month 2 - Repeat month 1.
- Month 3 – Repeat month 2.
- Month 4 – Repeat month 3.

Your schedule has become monotonous. Sure, you can rearrange the order of the exercises you do, but come Monday you know with dread, it's chest, arms, and back!

*Sigh!*

Sure, there's a change to your body. You've shed a few pounds, your muscles are stronger, and your stamina increased. You're feeling healthier – physically!

But mentally you're bored out of your mind!

*ARRGGGH!*

You've realized your gym routine is boring and you're stuck in a rut. You want – no, **NEED** something more stimulating.

And that's why I want to introduce you to Basketball Yoga Blast!

**Look forward to your workouts again!**

Basketball legends LeBron James, Dwayne Wade, and Sue Bird came together to create FitR, Inc. In collaboration with world-renowned personal fitness trainers Michelle Lewin and Rachel, they designed Basketball Yoga Blast.

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The program's goal is to make you lean, flexible, and super-fit while having fun.

## **Basketball Yoga Blast promises to revolutionize your workout and transform your body.**

If you want to start enjoying your workouts again, you need to do something different. And there is nothing more different than a combination of basketball and yoga.

Here's what you get when you order the **Basketball Yoga Blast** program:

1. A set of **SIX** online videos with different workouts, based on your ability level. Whether you're a beginner or advanced, the course helps you reach your goals. Each video is for a 4-day set.
2. A strong, durable **wearable tracker** that monitors your heart rate, sets goals and tracks sleep. It also provides motivational messages, visuals of your progress, and accomplishments each day.
3. A detailed instructional **guide** on how to use the videos and tracker.
4. Every month they roll out a **new routine** that challenges you. Basketball Yoga Blast focuses on keeping its programs fresh and interesting.

### **A unique 30-minute program focusing on both your mind and body**

All Basketball Yoga Blast programs are fun and easy-to-follow at-home programs that give you a GREAT workout in less than 30 minutes.

- The essential basketball drill improves hand-eye coordination, dexterity, endurance, and discipline.
- The drills routines are intense. They keep your heart pumping while using all the major muscle groups.
- Your agility, strength, and stamina will increase allowing you to burn more calories in a shorter period. By the end of the week, you can burn at least 2,000 calories and help reduce the risk of you getting heart disease.

Research by John Hopkins Medicine shows that Yoga helps by:

- Adding flexibility, control, and mental and spiritual aspects to your daily workout.
- Decreasing your stress levels and stay calm and focused during tense situations
- Boosting your self-esteem with a positive change in your mindset
- Enhancing your performance at work thanks to your newfound belief in yourself and your abilities.

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It's endorsed by NBA coaches, sports medicine experts, and fitness personalities across the country.

Hilary Young has found relaxation and strength through BYB. Additionally, she practiced couples' power yoga with her partner to develop a **deeper level of intimacy and connection**.

Golden State Warriors Head Coach, Steve Kerr recently said in an interview with ESPN that, "After trying Basketball Yoga Blast with my team, the results have been amazing. It helps each member **achieve their personal best.**"

### The Next Big Thing in the Exercise Industry

As you've read about everything you will get access to and enjoy, I'm sure you realize the value of this exciting, new, and unique weight-loss product. By combining the benefits of basketball drills and Yoga moves, you'll see a leaner and more flexible you.

It's my desire to help you achieve your fitness goals. So, I've added...

### Two "Blast" Bonuses

#### **Blast Bonus #1**

A FREE NBA-quality basketball (worth \$56.98)

#### **Blast Bonus #2**

A FREE high-quality yoga with a handy carry case (worth 16.98)

I'm sure you'll agree this is exciting. But wait till you hear the price.

**For a limited time**, because I really want you to achieve your fitness goal, I'm going to give all this to you:

- Basketball Yoga Blast Program (worth \$120)
- Fitness Tracker (worth \$98.95)
- NBA-quality basketball (worth \$56.98)
- High-quality yoga with a handy carry case (worth 16.98)

**the total worth of \$292.91**

For just...

**\$129**

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Why price this package so low? It's simple. I believe once you have a taste of how valuable this program is, you'll want more of the same from our other programs.

And if that's the case, we'll both benefit in the long run.

Here's how much I believe in this program. I'm also offering a

### **30-day "You Have My Word" 100% Money-Back Guarantee.**

Actively participate in the 24-day program and if for any reason you are not happy with the program or the results, just ask for your money back. We'll **return every cent** you have paid....**NO questions asked.**

That's it. However, this is a **time-limited offer**. You need to sign up before the timer at the bottom *expires*.

Simply click on the button below and follow the easy instructions to sign up.

Sincerely

Tarun Denniz

Sales Head

**P.S.** Because I know you, your family, and your friends will benefit from you in the program, I'm going to add a third bonus to the package.

#### **Blast Bonus #3**

A Free 6 Month Renewal Membership (worth \$120)

Since traditional workouts no longer get your mojo going, sign up now and have a blast!