



Exercise Motivational Triggers: Be Your Own Personal Trainer

Dave Baldwin

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People exercise with very simple reasons. They want to look better and feel better. Many people approach new exercise programs with the same simplicity. What is not simple, is the motivation it takes to be successful in a new exercise program. You must first seek the right motivation first. Any successful program comes with a motivated individual first. For me, I had to lose my home and endure divorce before I found the time to write this book. By finding the right motives, you will increase your chances of success in anything. Once you are motivated, the plan will be easy. There are six basic questions anyone must answer before entering into a new exercise program. This book will quickly show you the way.

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