
Here's exactly how to take your first step (guides inside)

1 message

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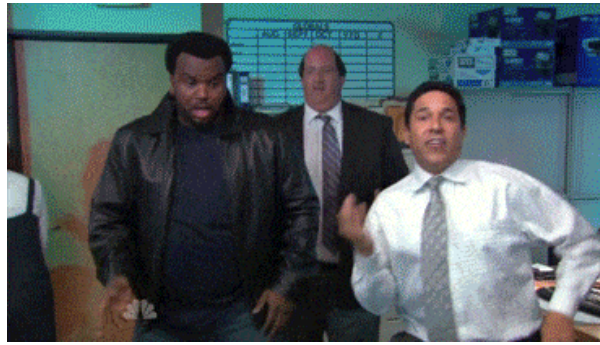
Welcome home, recruit.

If you don't know me yet, I'm Steve, the goofball in the red shirt in the front middle of that photo above.

And the community you just joined is called "The Nerd Fitness Rebellion."

We're a ragtag group of underdogs, misfits, and superheroes in training.

Welcome home.



I started Nerd Fitness in 2009 as a simple blog to help busy people like you get no-nonsense fitness information and a fun community to lean on when things get tough.

It has since grown into a worldwide movement of millions.

We've been featured in the *Wall Street Journal*, *Washington Post*, and *CNET*.

We get close to 2 million visitors every month, and we've helped 50,000+ paying customers level up their lives.

And while we've grown into a team of 40+ people over the last 12 years of doing this, we still stick to the same principles we were founded on:

1. **We don't care where you came from, only where you're going.** Whether you want to run your first 5K, get in shape for a wedding, or bulk up like the Hulk, we're here to support you.
2. **We believe that being fit can be part of WHO you are, but not at the expense of WHAT you are.** Let's get you in shape and allow you to still pursue your nerdy hobbies.
3. **We believe that a strong nerd is a healthy nerd.** Strength training makes every other part of life better, and can be done at home with NO equipment.
4. **We rail against garbage supplements, detoxes, and gimmicky fitness trends.** Shame on the people who sell this stuff to gullible customers. (Don't worry, we've all bought this stuff too.)
5. **We think diets suck, and don't believe in starving ourselves.** We make slow adjustments to our nutrition over time so we get results that stick.

We call these principles the *Rules of the Rebellion* and if they resonate with you, then once again let me welcome you home. We're glad to have you!

HOW TO BEGIN WITH NERD FITNESS

Over the coming days, I'm going to email you some helpful tips and tricks on how to stay in shape, and live healthier without needing to leave your house.

These regular emails and resources we create are completely free and a great way to stay connected to what's going on in the Rebellion.

In addition to the emails we'll send, if you're ready to dive in even MORE - we also have a free 7-day trial for our premium app, [Nerd Fitness Journey](#)!



This app takes the best parts of Nerd Fitness (bodyweight workouts, nutrition, mindset) and combines them into an easy-to-use, fun, superhero habit-building app.

It also has all the stuff that make fitness fun:

- Group challenges
- Boss battles
- Killer loot
- Access to an amazing online community

It's currently helping thousands of NF Rebels level up their lives and have a damn fun time doing so!

If you're already intrigued, try out the NF Journey app free for 7 days (no credit card required) and see what all of the hullabaloo is about!

(Hullabaloo is a great word, right?)

Try out the NF Journey app free!

TELL ME MORE ABOUT THE APP, STEVE!

No more guesswork.

No more dieting and being miserable.

No more wishing you had supportive people in your life.

No more hoping for motivation to strike and wishing you liked exercising.

No more wondering, "I know I need to get in shape, but what the heck do I do?"

NF Journey takes care of all of that.

Our app has been hand-crafted by our team of wizards (okay, a tall wizard named Alek) to help busy people have fun with fitness and build habits that stick.

From simple bodyweight workout programs, to 5K training, to getting your first pull-up, you get to pick the Adventures that fit what kind of superhero you want to become!

Here's how NF Journey works:

You'll start by creating a Superhero persona. This is the superhero version of yourself you WANT to become, and the secret identity that you'll make to help us save the world.

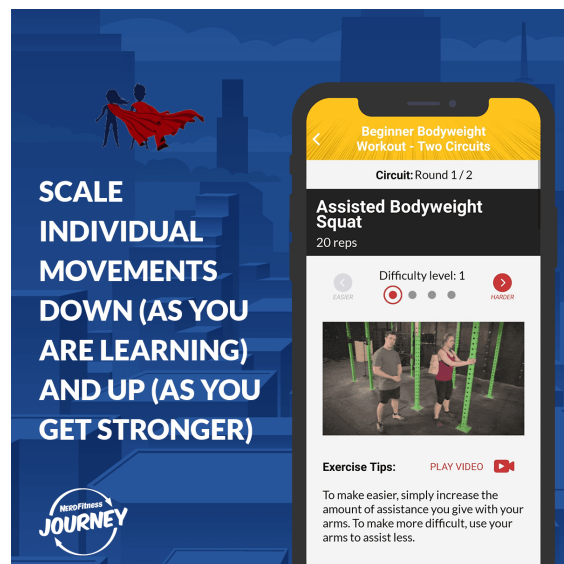
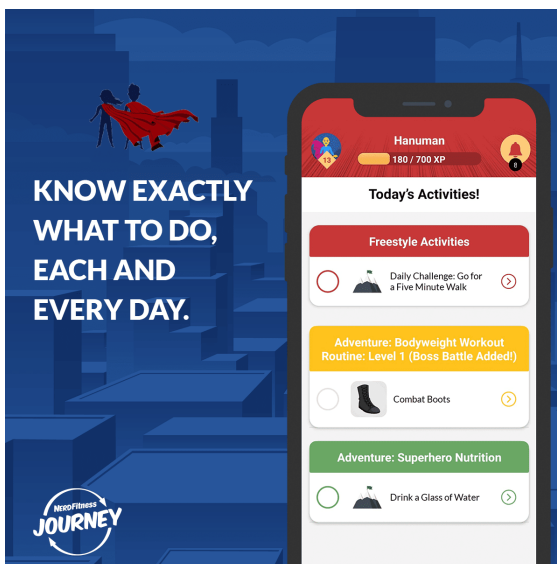
For example, I'm Steve Kamb by day, a nerdy writer of fitness stuff.

But by night? I'm Rebel-One the Strong, leader of the Rebellion, and gold boot enthusiast!



Then, you'll learn the ways of the Rebellion: who we are, who we're battling, and what we stand for.

You'll complete simple daily missions and challenges, as part of story-driven adventures, that will help you build habits and make positive changes to your life.



As you complete your adventures and challenges and apprehend these criminals, you'll unlock new apparel for your superhero alter-ego.

With hundreds of items in NF Journey (and more being added regularly), you'll never be out of style and always trying to unlock that next Hero Crate.

Once you get started with NF Journey app, you can also join our private Facebook group and Discord server too.

These private communities are exploding with positive energy, support, and discussion about all of the Adventures, Daily Wins, and challenges in the app.



As you can see, we love to have fun around here.

I can say without a doubt that this community is the most open, accepting, and fun fitness community in the galaxy (and it's not close).

But even more importantly, our approach to fitness WORKS for everyday people from all walks of life.

Here's just a small fraction of some of our more powerful transformations:



Jimmy the Aerospace Engineer



12 Months - No Gym - All Home Workouts





And while amazing before and after photos are inspiring to see from our community members, long-term change is about so much more than the number on a scale or the amount of weight you can lift.

We see major mental breakthroughs almost daily in our private Facebook and Discord groups. Rebels are learning to build healthy habits, love themselves more, and celebrate their newfound lifestyle with like-minded people from around the globe.

You can try it out, risk-free, with our 7 day free trial (we don't even require a credit card or any commitment). Click the button to download the app and try it out.

We'd love to show you how we make habit building and personal fitness fun and addicting.

Try our New Habit-Building App, NF Journey!

I'll check in on you again in the next few days with more nerdy wisdom, including how you can actually stay in shape without leaving your house. We usually email out free articles and resources a couple times a week.

See you then!

-Steve Kamb

PS: Here are [15 various free guides and work outs](#) you may be interested in (or signed up to get access to).

PPS: If you want **EVEN MORE guidance, check out our [Online Coaching Program](#) - where we help pair you with a private, experienced NF Coach. With over 1200+ clients, this is a popular choice for people who have the budget to afford 1-on-1 private training.**

