

# Why Rocket Pool?

Rocket Pool is the most decentralized and trustless staking protocol ever built on Ethereum.

Staking ETH helps secure the network and stakers receive ETH rewards for their work. When staking with Rocket Pool, you receive rETH in return. You are able to stake as little as 0.01 ETH with Rocket Pool. Your ETH is put to work by Node Operators on Rocket Pool to be staked.

Your rETH token represents your staked ETH and accumulated staking rewards. By simply holding rETH, you are gaining yield on ETH over time.

Your rETH token remains liquid. As rETH is a standard ERC-20 token on Ethereum, you can use it in any other apps that support it. Some examples include selling it, borrowing against it or lending it.

Holding rETH is the simplest way to gain yield on your ETH, while supporting decentralized staking on Ethereum. Start staking today at **[stake.rocketpool.net](https://stake.rocketpool.net)**

