

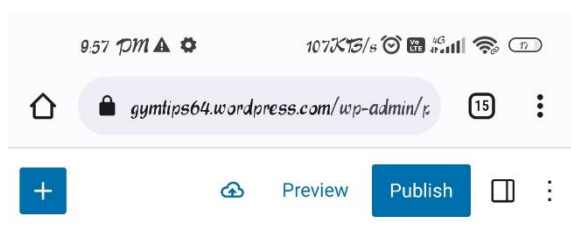
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**NAAN MUDHALVAN COURSE:** DIGITAL MARKETING  
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## ASSIGNMENT ON DIGITAL MARKETING

1. Create a blog or website using blogspot and wordpress. Customize the theme design and post new article with 500 words.

Blogspot: <https://gymtips64.wordpress.com/2023/10/30/gym-tips/>

Wordpress: <https://gymtips64.wordpress.com/2023/10/30/gym-tips/>



### Gym tips

1. Take the First Step. 1/10. Maybe you're not going to be a superstar athlete. ...
2. Get Out of Your Comfort Zone. 2/10. ...
3. Start With Small Goals. 3/10. ...
4. Mix Things Up. 4/10. ...
5. Get Your Doctor's OK. 5/10. ...
6. Eat and Drink for Fuel. 6/10. ...
7. Drink Enough Water. 7/10. ...
8. Do Strength Training. 8/10.

2. Create a new Facebook business page and post one social media poster for your brand.

<https://www.facebook.com/profile.php?id=61552708450422>

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OFF

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FOR 50 FIRST  
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3. Create and design a social media advertisement poster using canva.

1. <https://gymtips64.wordpress.com/2023/10/30/infographics/>

# 5 TIPS BUDGET-FRIENDLY HOME GYM

## BEGIN WITH THE ESSENTIALS

You don't have to buy pricey equipment straight soon. Begin with a few basic materials, such as a yoga mat, dumbbells, and a jump rope, all of which can be obtained for a reasonable price.



## MAKE USE OF YOUR BODY WEIGHT



Bodyweight exercises like push-ups, squats, and lunges are an excellent method to get in shape without the need of any equipment. You may also increase resistance by using household objects such as stairs or a chair.

## CONSIDER PURCHASING SECONDHAND EQUIPMENT

Purchasing old equipment might be a cost-effective approach to get the products you want. Garage sales, thrift shops, and online classified websites are great places to look for gently used products.



## TAKE ADVANTAGE OF SALES OPPORTUNITIES



Keep an eye out for gym equipment bargains or discounts. Many businesses provide discounts or promotions throughout the year, so if you're on a tight budget, it's worth waiting for a decent bargain.

## MAKE LONG-TERM INVESTMENTS

While it may be tempting to choose the cheapest choice, it is worthwhile to consider investing in higher-quality, long-lasting things that will last longer and save you money in the long run. A higher-quality treadmill or stationary bike, for example, may cost more initially, but it will likely last longer and need fewer maintenance than a cheaper choice.



2. Create email newsletter design using Mailchimp or canva tool.  
. <https://gymtips64.wordpress.com/2023/10/30/newsletter/>



Y'S GYM

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