

A group of people in a fitness studio performing a Pilates exercise. In the foreground, a woman in a white tank top and white pants is in a wide-legged stance with arms extended horizontally. Behind her, a man in a white tank top is also in a similar pose. In the background, another woman in a blue tank top is visible, also performing the exercise. The studio has large windows and mirrors.

# **Fitness Secrets**

# **Updater**

**By Barb Ling**

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# Introduction



So you want to stay abreast of all the SEO updates and changes so you'll know how what to market in the SEO category as soon as it becomes popular.

'Tis a smart idea indeed!

**And the best thing is...it's sooo easy to do as well.** All it involves is:

- Step 1 – Fire Up Google Reader
- Step 2 – Add The First SEO Updates Site
- Step 3 – Create SEO Folder
- Step 4 – Add These SEO Sites

Let's go!

# Step 1 – Fire Up Google Reader



The first thing you need to do to stay abreast of SEO is to fire up your Google Reader.

You can access that at <http://google.com/reader> .

Here, you're going to add SEO feeds that will ensure you're ALWAYS on top of the SEO developments.

Need help with Google Reader?

Visit:

- [http://www.youtube.com/watch?v=VSPZ2Uu\\_X3Y](http://www.youtube.com/watch?v=VSPZ2Uu_X3Y)
- <http://www.youtube.com/watch?v=PvKFP67GwSY>

Next, it's time to add some feeds to it!

Move now to:

## Step 2 – Add The First SEO Updating Site



Now that you have Google Reader up, click on that red subscribe button you see.

A text field will pop up.

Paste into it:

- <http://www.seomoz.org/blog>

And then click Add like so:



See that?

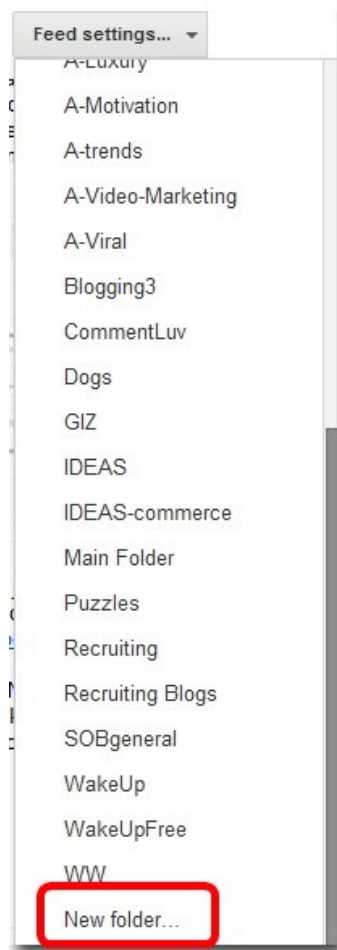
You'll now see whenever the site SEO.com updates! This will keep you on the cutting edge of SEO developments.

But let's do one better than that, shall we?

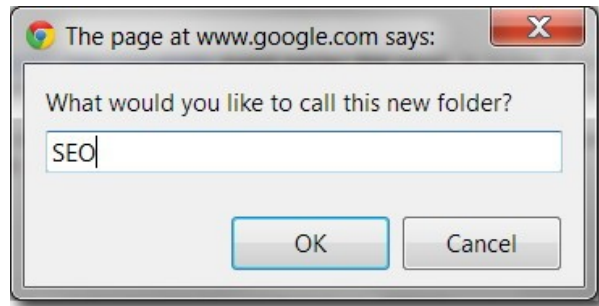
Move now to:

## Step 3 – Create SEO Folder

Click on “Feed Settings” and you'll see:



Scroll down to “New folder” and then type in “SEO” like so.



When you click OK, you'll see on your left hand column in your reader a NEW category called SEO.

Yay!

But don't stop there! Let's now add some other goodies, okay?

## Step 4 – Add These SEO Sites

Click on the links below and add them to your reader:

- <http://www.seo-theory.com/>
- <http://www.highvisibility.com/blog/>
- <http://www.searchenginejournal.com/>
- <http://searchengineland.com/>
- <http://www.seobook.com/blog>

**After adding each feed, make sure you set the Folder to “SEO”.** That way, everything is neatly in its place.

Thus...whenever new updates for SEO are released guaranteed....you'll be on the front line to receive them...woot!

And if you'd like to really learn from thriving SEO communities:



- <http://forums.seochat.com/>
- <http://seoforums.org/>
- <http://forums.digitalpoint.com/forumdisplay.php?f=92>
- <http://www.highrankings.com/forum/>
- <http://www.seo-guy.com/forum/>

Or get beginners tips to see how best to even learn SEO:

- <http://www.seomoz.org/beginners-guide-to-seo>
- <http://www.seomoz.org/blog/the-beginners-checklist-for-small-business-seo>
- <http://www.hongkiat.com/blog/beginners-guide-to-seo-best-practices-part-13/>
- <http://500.co/2012/08/06/mobile-seo-for-beginners-how-to-improve-app-store-search-ranking/>
- <http://www.searchenginejournal.com/seo-101-resources-learn-with-guides-tutorials-and-more/35740/>

Woot!

By checking out the resources above, you can ensure you're kept updated with not only SEO news...but also teach yourself as well.

And that, of course, can only be described as a Very Good Thing indeed.

:)

# Conclusion

This concludes the glorious cheatsheet **BarbLing's SEO Secrets Updater** !

As you can see, it gives you some very quick yet very newbie-friendly resources to really stay on top of SEO.

Hope you enjoyed it bigtime! And please don't forget to network with me:



<http://facebook.com/barbara.ling.entrepreneur>

Hope you enjoyed this special report! I welcome connecting with you on FB– please click above to “like” and start to chat!

You're going to love what you discover!

Grow strong,

Barbara Ling

I turn chaos into simplicity!

<Http://www.barbaraling.com>

# About The Author



Success...it's an attitude! 😊

Welcome! My name is Barbara Ling, and in a nutshell, I'm all about sharing what I've learned over the past decade about creating and running a profitable business online.

My credentials include:

- **Writing 50+ books/ebooks** about various/sundry ways for people to generate income online (entrepreneur, recruiting, real estate, auctions, SEO, finding a job, safe weight loss, hidden customers, etc.etc.etc.)
- Being quoted/featured/etc. in various publications/blogs online like:
  - [Barbara Ling: Secrets of a Veteran Webmaster](#)
  - [Empower Your Children To Out-Earn Their Professors](#)
  - [Nailing a good contractor](#)
  - [Microsoft Small Business Success Story](#)

There's 'way too much to write here....you can visit my [Barbara Ling About Me](#) page to learn more!

## P.S. My Personal Favs

*Changing Lives - Far Beyond Making Money (Included ...)*

**Instead Of The Usual "Back Cracking",  
One Day This Midwestern Chiropractor  
Snapped ...**



From: Dr. Ben Adkins  
Poplar Bluff, Missouri  
Tuesday, 7:00pm

Hello,

And yes, I am the chiropractor mentioned above.

But before we get into my story, let me ask you ...

***Do you want change your life?***

It's no secret to those who read my writings that I am **hugely** in favor of paid masterminds and quality products. The following are some of my favs!

It [changed my life so much](#) I opted into Layer 2 (\$497/month).

**"Would You Like Hold-You-By-The-Hand Support  
From Successful Internet Marketers?"**

If you answered yes, then you're on the right page.

Hi. My name is Dennis Becker, and it is my mission to help YOU reach your financial goals. It means the world to me when I get to help people like you not only improve your money situation but **permanently remove the black cloud of money tension that's constantly hovering around your head.**



I can tell you (from battle-tested proof) that it might not be easy.... but it IS possible.

Still interested?

**If So, You're In Luck. 😊**

[I spoke at Dennis' event earlier](#) in Las Vegas.....totally different than the Syndicate but just as powerful.

And finally – I met [Jason Fladlien](#) at said event – his stuff rocks!

# Instant Expert

**Remember.....**

**Fortune Favors the Bold.**

**Go out and make yourself  
fortunate...**

**TODAY!**