STEP 1) Define Your Market

Possible Niche	Their Key Problem(s)	Your Key Benefits	Your products and / or services	Where to find this Group
Men over fifty who are overweight	Overweight, can t get dates or sex, scared of heart attack	Fit and trim, abs of steel, confidence, reduce risk of heart attack	Will power book, ab cruncher, diet pills, gym membership	Gym newsletters and no- ticeboards, health maga- zines, doctors referrals.
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