

# O O bet365

The simplest way to start staking as a beginner is via an online crypto exchange or platform. These resources provide users with tools and interfaces that make staking crypto straightforward. On Coinbase you can easily stake ETH right from your homepage. Click the 'Stake now' button to get started.

[Staking Crypto: A Beginner's Guide on How to Stake Crypto in 2024](#)

[Staking Cryptocurrency](#)

What are the requirements to open a Stake account? To apply for an investing account, you'll need to: Be aged 18 or older. Pass our identity verification checks or verify your identity by uploading additional documentation.

[Requirements to open an account | Stake Support](#)

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Many banks now offer the ability to limit spending on gambling. If you feel that you are spending too much money on gambling, you may want to consider blocking gambling payments with your bank. They do this by blocking your bank account or debit card which stops the account from being used for gambling transactions.