

Quotes

Directions:

Select a Quote to use at your location.

I accept my body. I accept how I am and make the best of what I am given.

– Kate Winslet

I have standards I don't plan on lowering for anybody ... including myself.

– Zendaya

When you take care of yourself, you're a better person for others. When you feel good about yourself, you treat others better.

– Solange Knowles

Once you have commitment, you need the discipline and hard work to get you there.

– Haile Gebrselassie

Laughter is an important part of healthy living.

– Matthew Moy

Live in the sunshine, swim the sea, drink the wild air.

– Ralph Waldo Emerson



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One cannot think well, love well, sleep well, if one has not dined well.

– Virginia Woolf

Take care of your body. It's the only place you have to live.

– Jim Rohn

I believe that the greatest gift you can give your family and the world is a healthy you.

– Joyce Meyer

Do you know what my favorite part of the game is? The opportunity to play.

– Mike Singletary

A healthy outside starts from the inside.

– Robert Urich

Life is for participating, not for spectating.

– Kathrine Switzer

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**Your diet is a bank account.
Good food choices are good
investments.**

– Bethenny Frankel

**Wake up determined, go to bed
satisfied.**

–Dwayne “The Rock” Johnson

**I think there are things for all
of us to do as long as we’re
here and we’re healthy.**

– Gwendolyn Brooks

**Life is pulled by goals and
pushed by drive. Make sure
you have both!**

– Denise Austin

**Health is the greatest of
human blessings.**

– Hippocrates

**An apple a day keeps the
doctor away.**

– Benjamin Franklin

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Motivation is when your dreams put on work clothes.

– Benjamin Franklin

I'm fast, why? Because I eat vegetables.

–Jean-Claude Van Damme

Running teaches us that we are capable of so much more than we ever imagined.

– PattiSue Plumer

Exercise is king. Nutrition is queen. Put them together and you've got a kingdom.

– Jack LaLanne

We are the change that we seek.

– Barack Obama

Motivation is what gets you started. Habit is what keeps you going.

– Jim Ryun