

# Quotes

**Directions:**

Select a Quote to use at your location.

**Fitness is not about being better than someone else. It's about being better than you used to be.**

– Khloe Kardashian

**Life is not a spectator sport. If you're going to spend your whole life in the grandstand just watching what goes on, in my opinion, you're wasting your life.**

– Jackie Robinson

**A good laugh and a long sleep are the best cures in the doctor's book.**

– Irish proverb

**The human body is the best picture of the human soul.**

– Tony Robbins

**Let there be more joy and laughter in your living.**

– Eileen Caddy

**Perfect is boring. Human is beautiful.**

– Trya Banks

**HEALTHY BODY**

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**The first wealth is health.**

– Ralph Waldo Emerson

**Beauty is not just physical.**

– Halle Berry

**If you don't do what's best for your body, you're the one who comes up on the short end.**

– Julius Erving

**Do something today that your future self will thank you for.**

– Sean Patrick Flanery

**Life gets better when health becomes your first priority.**

– Maxime Lagacé

**Health is like money. We never have a true idea of its value until we lose it.**

– Josh Billings

