

I HOPE YOU  
KNOW YOU'RE  
CAPABLE +  
BRAVE +  
SIGNIFICANT.

EVEN WHEN IT FEELS  
LIKE YOU'RE  
NOT.

You are not just  
your face or body.  
You're also all  
the beautiful  
stuff inside.

**I AM NOT A**

PRODUCT  
of my

*circumstances*

I AM  
PRODUCT of my

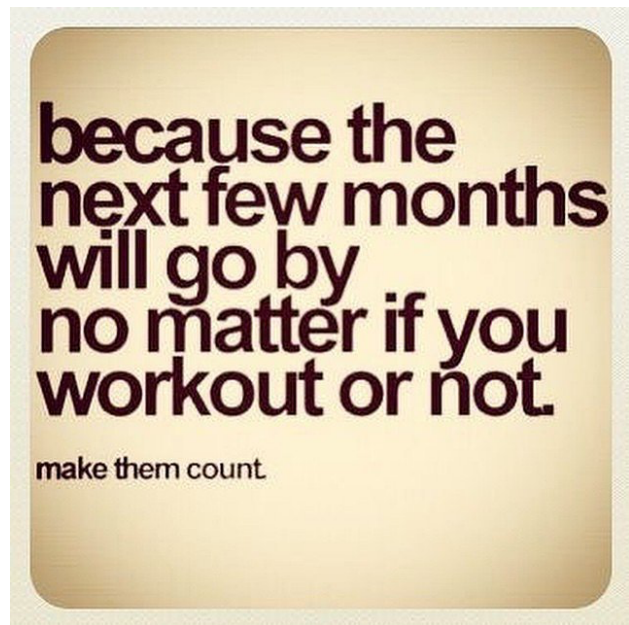
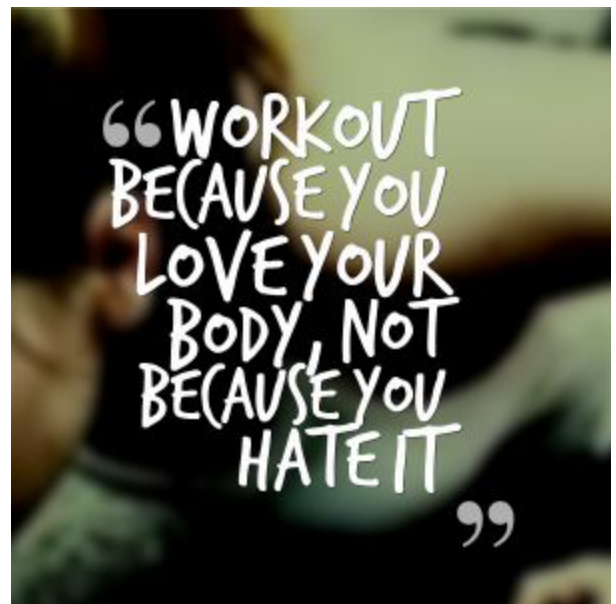
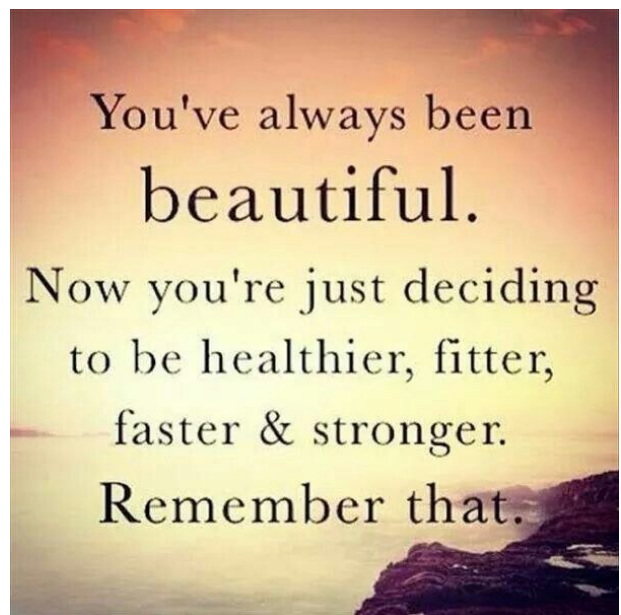
**DECISIONS**

Stephen Covey

your workouts  
are important  
meetings you  
scheduled with  
yourself.  
bosses don't  
cancel.

May my heart be kind,  
my mind fierce  
and my spirit brave  
-kate forsyth

**SORE  
TODAY  
STRONG  
TOMORROW**



ambitious  
goals make for  
outstanding  
achievements

DO IT NOW.  
SOMETIMES  
'LATER'  
BECOMES  
'NEVER'

*the body  
achieves  
what the mind  
believes*

START  
*where you are.*  
USE  
*what you have*  
DO  
*what you can*

ARTHUR ASHE

REMEMBER  
WHY YOU  
STARTED.



**FALL IN LOVE  
WITH TAKING  
CARE OF  
YOURSELF.  
MIND. BODY.  
SPIRIT.**

MOTIVATION  
IS WHAT GETS  
YOU STARTED.

HABIT

IS WHAT KEEPS  
YOU GOING.

STRENGTH

doesn't come from what  
you can do. It comes from

OVERCOMING

the things you once  
thought you couldn't do.

It's not just the  
WEIGHT YOU LOSE  
but the  
LIFE YOU GAIN

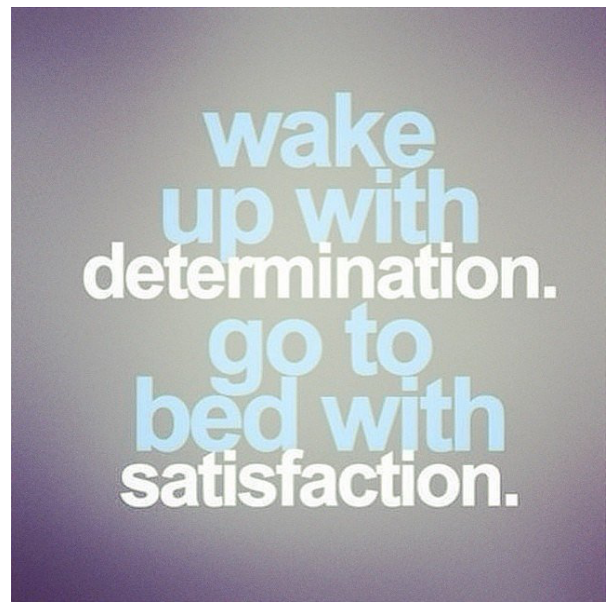


LOSING WEIGHT IS HARD

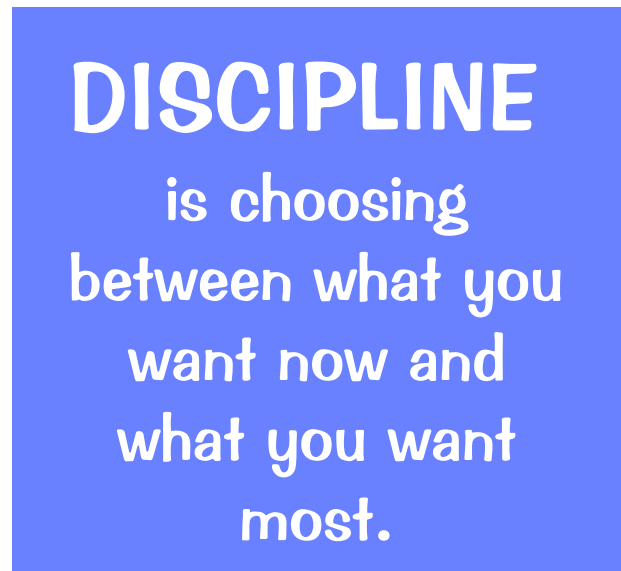
BEING OVERWEIGHT  
IS HARD.

CHOOSE YOUR HARD





**THINK** positively  
**EXERCISE** daily  
**EAT** healthy  
**WORK** hard  
**STAY** strong  
**WORRY** less  
**DANCE** more  
**LOVE** often  
**BE** happy



**NO MATTER HOW YOU FEEL...**

- **GET UP.**
- **DRESS UP.**
- **SHOW UP.**
- **NEVER GIVE UP.**

**SLOW  
progress is  
better than  
no progress.**

Change  
comes from  
self-love not  
self-loathing.

DON'T COMPARE  
→→YOUR←←  
Beginning  
TO  
someone else's  
Middle  
- jon acuff

If it doesn't  
**CHALLENGE**  
you, it doesn't  
**CHANGE YOU**

**I'M WORKING  
ON A NEW ME**

NOT BECAUSE THE  
OLD ME IS BAD BUT  
BECAUSE THE OLD ME  
*can* **IMPROVE**

**TODAY**  
**IS YOUR DAY**

To **START** Fresh.  
To **EAT** Right.  
To **TRAIN** Hard.  
To **LIVE** Healthy.  
To **BE** Proud. - Bonnie Pfister

You have to get  
up every morning  
and tell yourself

**"I CAN DO THIS"**