

Quotes

"Your present circumstances don't determine where you go; they merely determine where you start"

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

**"Happiness is the
highest form of
health"**

"REMEMBER THAT ANY EXERCISE IS BETTER THAN
NO EXERCISE"

**"You can't pour from an empty cup.
Take care of yourself first"**

"It's not about being the best. It's about being
better than you were yesterday"

*"Some people want it to happen, some wish it
would happen, others make it happen"*