

CREATE
HEALTHY HABITS
NOT
RESTRICTIONS.

YOU DON'T
HAVE TO BE
EXTREME,
JUST
CONSISTENT

EVERY
JOURNEY
BEGINS
WITH A
SINGLE
STEP.

IT DOESN'T
MATTER HOW
SLOW YOU GO
AS LONG AS YOU
DON'T STOP.

A LITTLE
PROGRESS
EACH DAY
ADDS UP TO
BIG RESULTS.

WAKE UP
WITH
DETERMINATION.
GO TO BED
WITH
SATISFACTION.

YOU ONLY
FAIL WHEN
YOU STOP
TRYING.

STOP
DOUBTING
YOURSELF.
WORK HARD
AND MAKE
IT HAPPEN.

WORKOUT
BECAUSE YOU
LOVE YOUR SELF,
NOT BECAUSE
YOU HATE
YOUR BODY.

LOOK FOR
SOMETHING
POSITIVE IN
EACH DAY, EVEN
IF SOME DAYS
YOU HAVE TO
LOOK A LITTLE
HARDER.

BE THE
TYPE OF
PERSON YOU
WANT
TO MEET.

EATING
WELL IS
A FORM
OF SELF
RESPECT

love
YOURSELF
enough
to live a
HEALTHY
LIFESTYLE

HEALTH IS NOT
ABOUT THE
WEIGHT YOU
LOSE. IT'S
ABOUT THE
LIFE YOU GAIN.

DON'T RUSH
SOMETHING
YOU WANT
TO LAST
FOREVER.

BE
ACTIVE
— BE —
HEALTHY
BE
Happy

Here's to
**STRONG
WOMEN**
May We
KNOW THEM.
BE THEM.
RAISE THEM.

IF YOU LOOK
FOR POSITIVE
THINGS IN LIFE,
YOU WILL
FIND THEM.

THE DISTANCE
BETWEEN
YOUR DREAMS
AND REALITY
IS CALLED
ACTION.

NOTHING
LOOKS AS
GOOD AS
BEING
HEALTHY
FEELS!

