STICKS AND
STONES
MAY BREAK MY
BONES
BUT
SQUATS WILL
MAKE ME
BADASS

MAKING EXCUSES
BURNS
ZERO
CALORIES PER HOUR

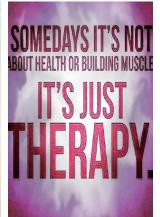


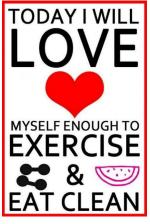
THINK IT.
WANT IT.
GET IT.

PERFECT.
IT'S NOT ABOUT
PERFECT.
IT'S ABOUT
EFFORT.

PUKE FAINT OR DIE keep going!









Stop eating Chap

C-carbonated drinks

R-refined sugars

A -artificial food

P -processed food

DON'T LET THE SCALE DEFINE YOU. BE ACTIVE. EAT HEALTHY. BE HAPPY.

MAKE A
CHANGE ONE
DAY OR
TODAY. YOU
DECIDE.

STOP BEING AFRAID OF WHAT COULD GO WRONG AND THINK OF WHAT WILL GO RIGHT.

YOU DON'T HAVE TO EAT LESS. YOU JUST HAVE TO EAT RIGHT.

NUTRITION ISN'T JUST ABOUT EATING, IT'S ABOUT LEARNING TO LIVE. DON'T EXPECT TO SEE A CHANGE IF YOU DON'T MAKE ONE DEVOTE THIS YEAR TO LOVING YOURSELF MORE.

WHEN YOU
FEEL LIKE
QUITTING,
THINK ABOUT
WHY YOU
STARTED.

Strive For
Priogriess
Not
Perifection

