

I AM  
OBSESSED  
WITH  
BECOMING  
A WOMAN  
COMFORTABLE  
IN HER  
SKIN.

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

1 POUND  
OF FAT  
— equals —  
3500  
CALORIES

Drink Water  
Because...

It suppresses your appetite.  
It aids in digestion.  
It fights bloating.  
It tones your muscles.  
It flushes toxins out.  
It helps reduce cholesterol.  
It helps the liver function.  
It stops you from confusing  
hunger & thirst.

FOOD IS THE  
MOST ABUSED  
ANXIETY DRUG.

EXERCISES IS  
THE MOST  
UNDER UTILIZED  
ANTIDEPRESSANT.

TRAIN LIKE  
A BEAST  
LOOK LIKE  
A Beauty

It takes 21 days.  
21 days of healthy  
eating and working  
out and it will  
become a habit.

IF YOU'RE TIRED  
OF  
STARTING OVER  
----- Stop -----  
GIVING UP!

DON'T FIND  
TIME TO EXERCISE,  
MAKE THE  
TIME TO EXERCISE.

  
"I REGRET  
THAT  
WORKOUT"  
— SAID NO ONE, EVER

GET  
OFF  
YOUR  
BUTT  
AND  
WORK  
OUT

THE BODY  
ACHIEVES  
WHAT THE  
MIND  
BELIEVES

6:30  
TIME

SKINNY GIRLS  
LOOK GOOD IN CLOTHES.  
FIT GIRLS  
LOOK GOOD NAKED.

GET FIT  
IN THE  
GYM  
LOSE WEIGHT  
IN THE  
KITCHEN

I'M NOT LOSING  
WEIGHT  
I'M GETTING  
RID OF IT  
I HAVE NO INTENTION  
OF FINDING IT AGAIN

to change  
your BODY  
you must  
first change  
your MIND

WATER  
IS YOUR  
BEST  
FRIEND

eat  
less sugar  
{ you're sweet  
enough already }

"WILL  
IS A  
SKILL."

