

don't let
the scale
define
you.
be active,
be healthy,
be happy.

SWEAT
OFF THE
STRESS

IF YOU HAVE
TIME FOR FOR
FACEBOOK,
YOU HAVE TIME
FOR EXERCISE.

I'm not trying to look perfect.
I JUST WANT TO
FEEL BETTER, LOOK GREAT,
KNOW I'M HEALTHY,
and rock any outfit I choose.

HEALTHY
IS AN OUTFIT
that looks different
ON EVERYBODY

LOVE
YOUR BODY
LOVE
YOURSELF

THE DIFFERENCE
BETWEEN WHO
WHO YOU WERE
YESTERDAY
AND WHO YOU WILL BE
TOMORROW
LIES IN WHAT
YOU WILL DO
TODAY

Squat
till you
puke

BE
STRONGER
THAN YOUR
EXCUSES

I CAN'T GO TO
WORK TOMORROW
I FRACTURED MY
MOTIVATION



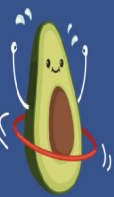
BE A
BADASS
WITH A
GOOD
ASS

FITNESS

FANATIC

LOVE
FITNESS

TIME TO
CHANGE
YOUR BODY



I'm not losing
weight.
I'm getting rid
of it.
I have no
intention of
finding it again.

BODY UNDER
CONSTRUCTION
MIND ON A
MISSION

I WILL MAKE
SWEAT
= MY BEST =
ACCESSORY
.....
I WILL RUN
HARDER
THAN MY MASCARA

EVEN IF YOU
LOSE 1/2 A
POUND A WEEK

YOU'LL STILL
LOSE 26 POUNDS
BY THIS TIME
NEXT YEAR.

JUST KEEP GOING