

7 POWERFUL MOTIVATIONAL FITNESS QUOTES WHEN YOU FEEL LIKE QUITTING

- 1 I want to see what happens if I don't give up.
- 2 A little progress each day adds up to big results.
- 3 Work out. Eat well. Be patient. Your body will reward you.
- 4 What you eat in private you will wear in public.
- 5 Never give up. Everyone has bad days. Pick yourself up and keep going.
- 6 Three months from now you will thank yourself.
- 7 You'll always be beautiful. Now you're just deciding to be healthier, fitter and stronger!