

GET HEALTHY U'S

*get
inspired*

WE ALL NEED A LITTLE EXTRA
MOTIVATION TO STAY ON TRACK AND
LIVE OUR HEALTHIEST LIFE

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GET HEALTHY

Sticking to your fitness goals isn't always easy—trust us, we've felt the pull of those break room doughnuts or decided our Netflix looked much more appealing than the gym as many times as you have. The truth is, we all need a little extra motivation to stay on track and live our healthiest life: one that includes positivity, balance, and humor. So keep these inspiring quotes on hand whenever you need that extra push to keep going, keep laughing, and keep living a healthy, happy life.

We're here when you need...

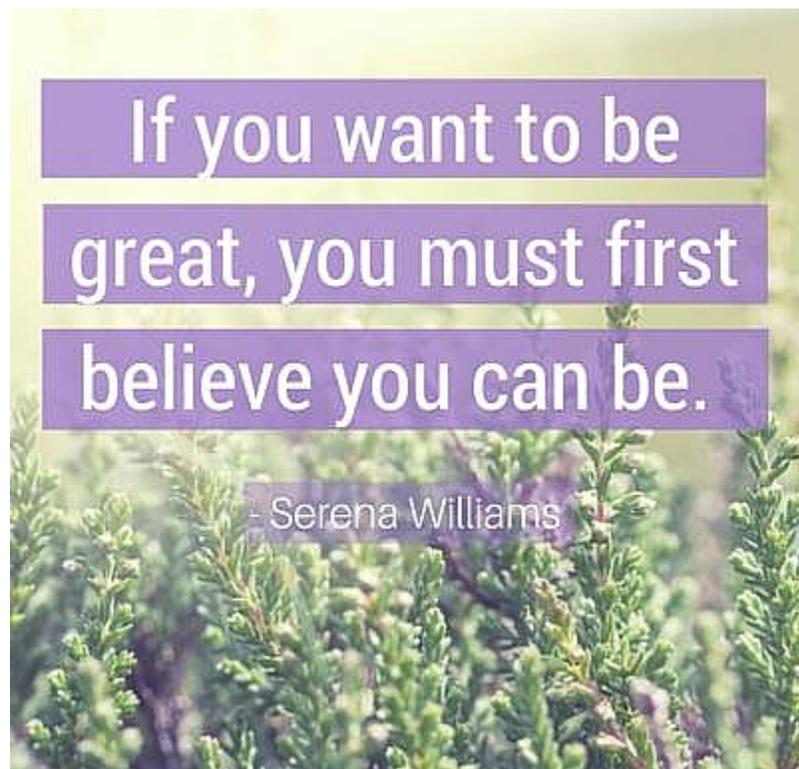
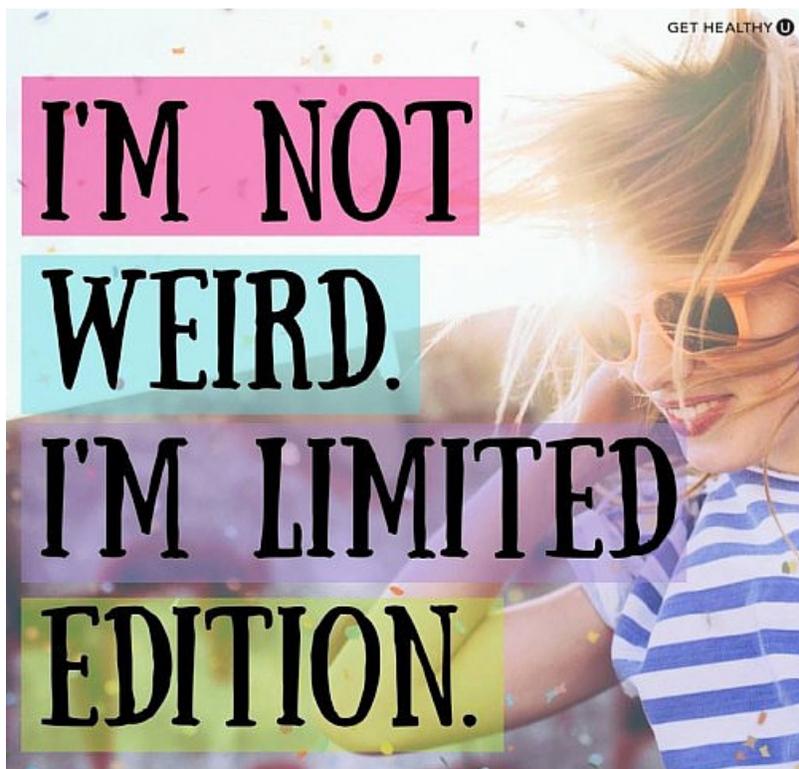
A Kick In The Pants

Sometimes we all need a little tough love. But since having a personal trainer on-call to give us a ring every morning and tell us to get our butts in gear isn't realistic, we like to keep these motivational phrases on-hand when we need that extra push to move it or lose it! Whether you need a reminder to take care of your body, to get your workout in before anything else, or to make time for more movement, these phrases have got you covered.



A Confidence Boost

We can all fall prey to negative self-talk—that sneaky voice in our head that says we’re not good enough or don’t deserve to focus on our goals. But when you feel stuck, just remember: no one can stand in your way but you! Try to stop that negative self-talk in action, and replace it with more positive affirmations. So much of fitness and better health is about your mental state. Do you believe you can run farther, sweat more, and commit to your goals? Then you’re halfway there!



To Conquer Your Fears

Have you heard that saying from Marianne Williamson that “our greatest fear is not that we are inadequate; our greatest fear is that we are powerful beyond measure?” It’s true—sometimes we are afraid of success; or at least the steps we need to take to get from point A to point B. After all, stepping out of our comfort zones, trying something new, and putting ourselves out there aren’t always easy. But you are so much stronger and more capable than you think. When you need a reminder, turn to these empowering phrases.



Get up every morning and
tell yourself:

I can do this.

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Life *shrinks* or

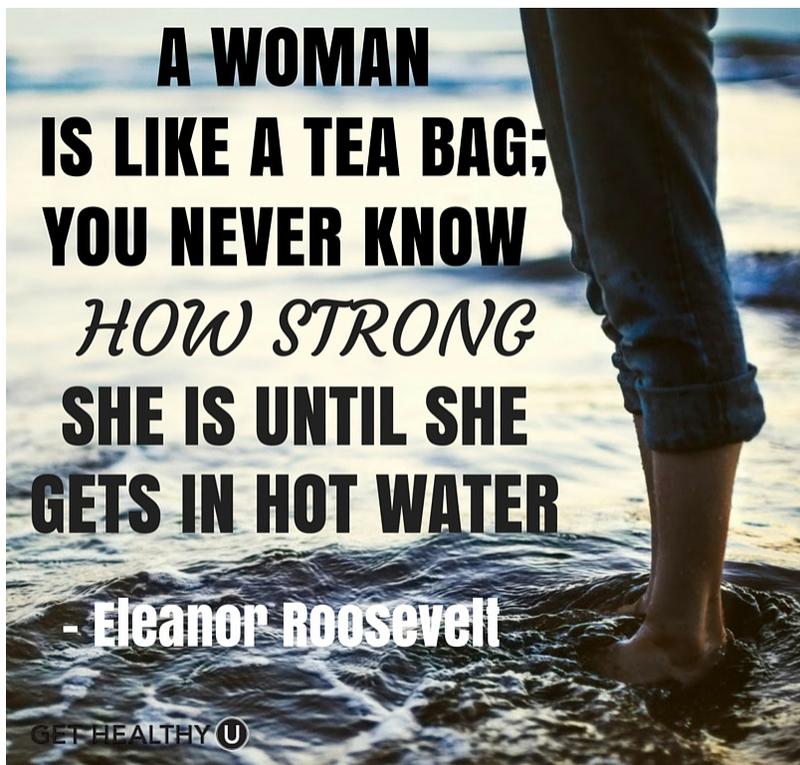
expands

in proportion

to one's courage

-Anais Nin

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**A WOMAN
IS LIKE A TEA BAG;
YOU NEVER KNOW
HOW STRONG
SHE IS UNTIL SHE
GETS IN HOT WATER**

- Eleanor Roosevelt

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Everything you want
is on the other side
of fear -Jack Canfield

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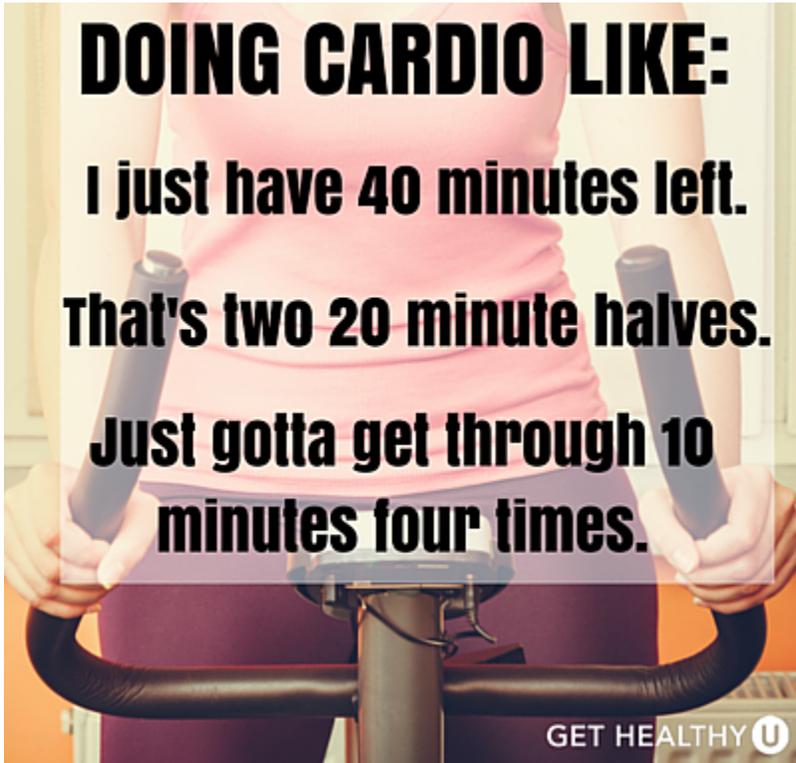
To Laugh at Life

Day not going as planned? Welcome to a little thing called life. Part of having a healthy mind, body, and soul includes being able to laugh at ourselves and keep going. No one can be perfect all the time, and you are no exception! Unexpected things are bound to happen, but if you can keep laughing, learning, and persevering, you'll find that a sense of humor is not only valuable, but it can keep you afloat during life's difficult times.



I thought "clean eating" was devouring cupcakes while mopping the floor.

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DOING CARDIO LIKE:

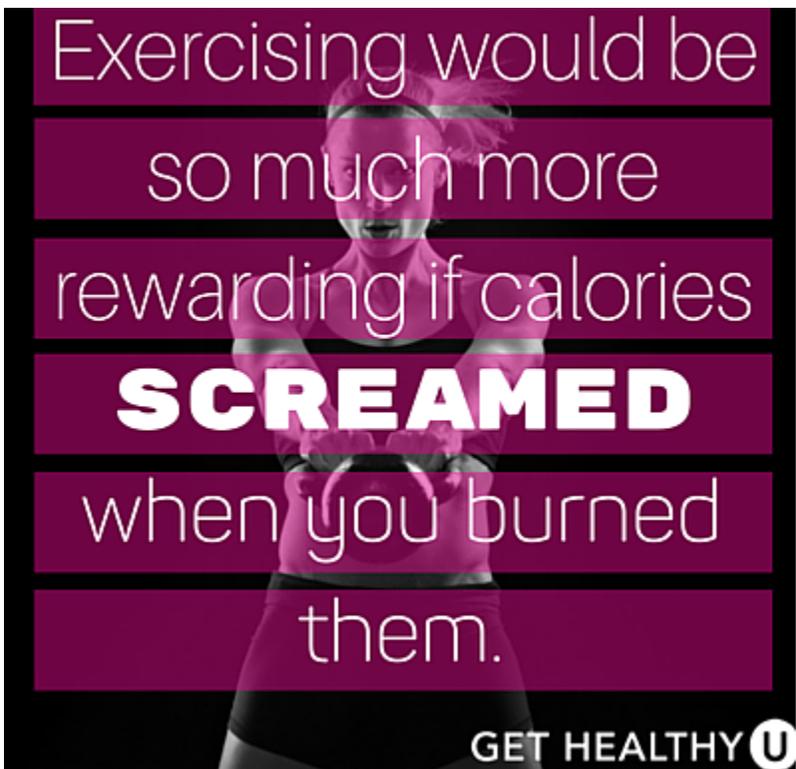
I just have 40 minutes left. That's two 20 minute halves. Just gotta get through 10 minutes four times.

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Give me coffee to change the things I can And wine to change the things I cannot.

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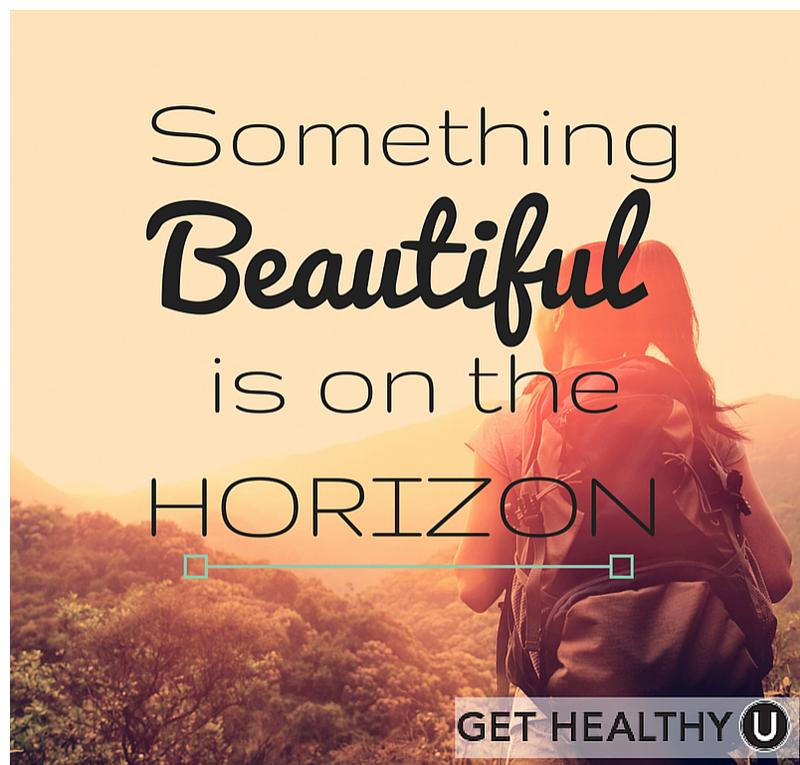


Exercising would be so much more rewarding if calories **SCREAMED** when you burned them.

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A Gratitude Adjustment

Cultivating an attitude of gratitude is the best way to feel happier in this moment. But from time to time, we all need a reminder of life's endless possibilities and how much beauty there is to be found in each day. Turn to these sayings of gratitude when you need to be uplifted and reminded that life is a gift, that good things are coming, and that when you change your attitude you create the power to change your entire day.



To Celebrate Getting Older

When you need a reminder of the beauty of aging, turn to these sayings. We are so inundated with messages from the media that tell us to preserve our youth and that aging is not normal or something to be celebrated. We're here to tell you that getting older is a gift, and your beauty and wisdom only increase as you age. It's not about how many candles are on your cake; it's about how young you feel inside and how gracefully you spend each year. So here's to getting older, wiser, and better!

I look forward to being older, when what you look like becomes less and less an issue, and what you are is the point.
- Susan Sarandon



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IT'S
NEVER
TOO LATE
TO
CHANGE
YOUR LIFE



GET HEALTHY  TV

Do not regret growing older. It is a privilege denied to many.



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Wrinkles should merely indicate where the smiles have been. - Mark Twain.



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