

LET EXERCISE
BE YOUR STRESS
RELIEVER,
NOT FOOD

WILL IT BE
EASY?
NOPE.
WORTHIT?
ABSOLUTELY

WHEN YOU
FEEL LIKE
QUITTING
THINK ABOUT
WHY YOU
STARTED

EXERCISE
MY NATURAL
HIGH

PART OF THE GOOD
FEELING AFTER
WORKING OUT IS
NOT HAVING TO FEEL
GUILTY FOR NOT
WORKING OUT.

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WHEN
YOUR LEGS
CAN'T RUN
ANYMORE,
**RUN WITH
YOUR
HEART.**

WARNING
EXERCISE
HAS BEEN KNOWN
TO CAUSE HEALTH
& **HAPPINESS**

HAVE FUN
WHEN YOU WORKOUT
& IT WON'T FEEL
LIKE WORK

DON'T GET
WORKED UP.
**WORK
OUT**

WHAT HAVE YOU
DONE TODAY TO
MAKE YOU FEEL
PROUD?

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**BEING CHALLENGED IN
LIFE IS INEVITABLE,
BEING DEFEATED IS
OPTIONAL.**

Confidence is Beautiful
NO MATTER YOUR
SIZE
NO MATTER YOUR
WEIGHT
Be confident in who you
are and you'll be
BEAUTIFUL

BELIEVE THAT
success
IS YOUR ONLY
option

**BE STRONGER
THAN YOUR
EXCUSES**

SET GOALS
THEN
KICK 'EM
IN THE FACE

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**BETTER
SORE
THAN
SORRY!**

**FOCUS.
BREATHE.
LIFT.
REPEAT.**

**"THE HABITS THAT TOOK
YEARS TO BUILD, DO NOT
TAKE A DAY TO CHANGE"**
-SUSAN POWELL

fit
is not a
destination.
it is a
way
of life

**THE ONLY BAD
WORKOUT IS
THE ONE
YOU DIDN'T DO**

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NOTHING FEELS BETTER
THAN A FINISHED
WORKOUT

**IF IT DOESN'T CHALLENGE YOU,
IT DOESN'T CHANGE YOU**

make exercise part of your routine.
like brushing your teeth,
or taking a shower.
don't even think about doing it.
just do it

**EAT CLEAN
DRINK WATER
TRAIN HARD
SET GOALS
STAY FOCUSED
NEVER GIVE UP**

**I'M JUST A
HAPPIER
PERSON
WHEN I WORK OUT**

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