

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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