

VIGOR IS CONTAGIOUS,  
and whatever makes us either think or feel strongly  
adds to our power and enlarges our field of actions.

- Ralph Waldo Emerson.

### ENERGIZE YOUR BODY

***The energy of the mind is  
the essence of life.*** - Aristotle

Determination  
is the wake-up call  
to the human will.

Anthony Robbins

a dream  
is just a dream  
a goal is a dream

with a plan and a  
deadline. - Harvey Mackay

*energy = life*

***We are what we repeatedly do.  
Excellence, therefore, is not  
an act but a habit.*** - Aristotle



Our  
health  
always  
seems  
much  
more  
valuable  
after we  
lose it.

- Unknown Author

***Live  
your  
life  
and  
forget  
your  
age.***

- Norman  
Vincent Peale

The  
human  
body is  
the best  
picture  
of the  
human  
soul.

- Ludwig Wittgenstein

We are limited only by the  
thoughts which we choose. - D.S.

Excellence  
is not a skill.  
It is an  
attitude.

- Ralph Marston

***live  
the life  
you have  
imagined***

Mind and body are united. What energizes and  
tones up one, improves the other. - Marsha Sinetar

FIRST, THINK.  
SECOND, BELIEVE.  
THIRD, DREAM.  
AND FINALLY,  
DARE. - WALT DISNEY.

*In order to move your  
body, you must first  
move your mind*

***Enthusiasm finds the opportunities,  
and energy makes the most of them.*** - Henry Hoskins

