



*Inspirational*  
QUOTES

- IBH

A close-up photograph of a person's hands unrolling a teal-colored yoga mat on a light-colored wooden floor. The mat is partially unrolled, showing its textured surface. The person's hands are positioned to hold the mat as it is being unrolled. The background is softly blurred, showing the person's legs and feet in white athletic wear.

*strive for*

**PROGRESS**

*not*

**PERFECTION**



A woman with dark, curly hair is wearing a large, wide-brimmed brown hat and a white shirt with colorful polka dots. She is smiling and holding two bright red strawberries over her eyes. The background is a bright, slightly blurred outdoor setting.

A HEALTHY

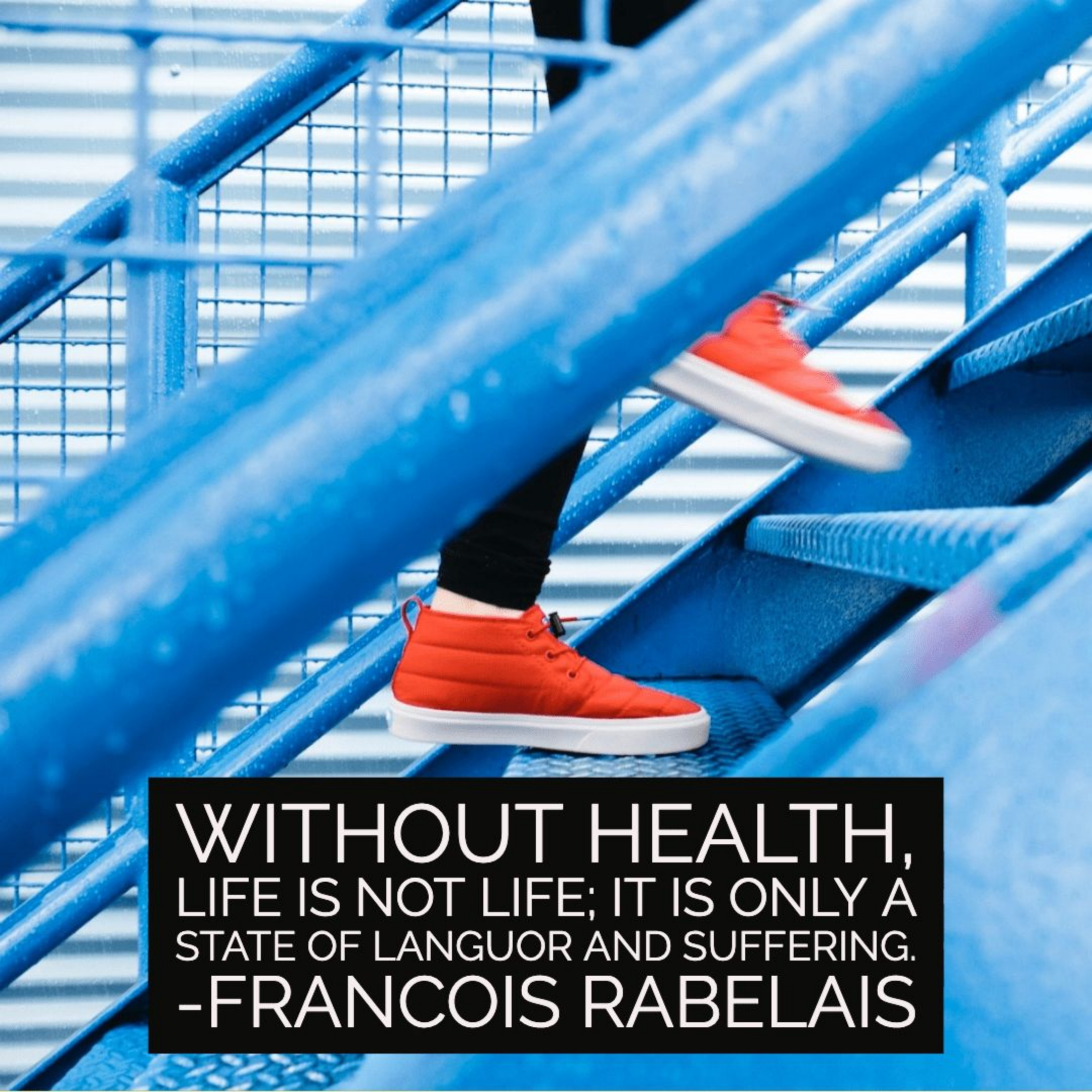
OUTSIDE

STARTS

FROM

THE INSIDE





WITHOUT HEALTH,  
LIFE IS NOT LIFE; IT IS ONLY A  
STATE OF LANGUOR AND SUFFERING.  
-FRANCOIS RABELAIS



THE POWER OF LOVE TO CHANGE BODIES IS LEGENDARY,  
BUILT INTO FOLKLORE, COMMON SENSE, AND  
EVERYDAY EXPERIENCE. LOVE MOVES THE FLESH, IT  
PUSHES MATTER AROUND. THROUGHOUT HISTORY,  
'TENDER LOVING CARE' HAS UNIFORMLY BEEN  
RECOGNIZED AS A VALUABLE ELEMENT IN HEALING.

-LARRY DOSSEY







*Loving yourself is  
the greatest revolution.*





“Fitness  
is like a  
relationship.  
You can’t  
cheat and  
expect it to  
work.”

It's not about  
how fast you're  
moving. As  
long as you're  
moving towards  
your goals,  
you are making  
yourself better.  
That's all that  
matters.



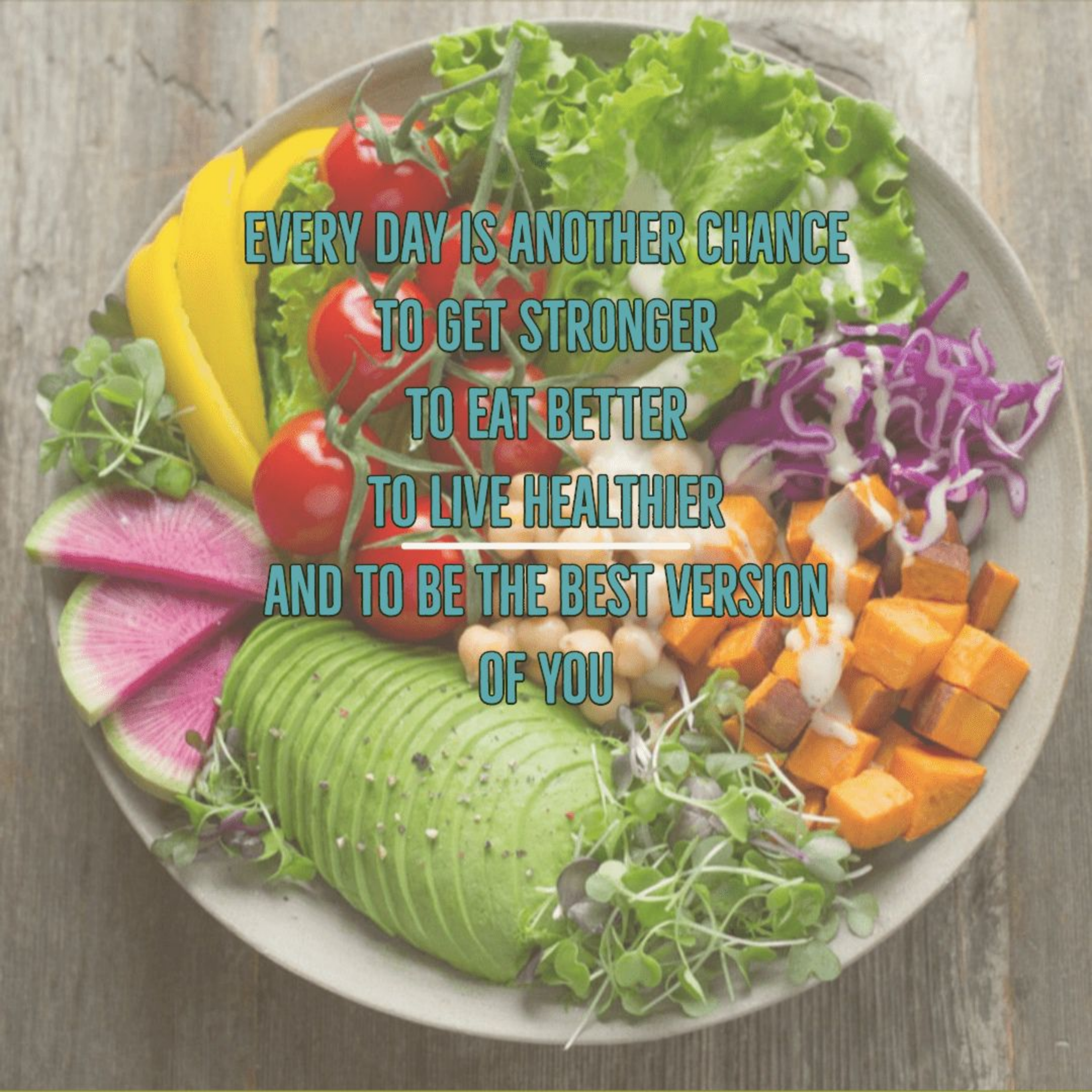




**TO KEEP THE BODY IN GOOD HEALTH IS A DUTY,  
OTHERWISE WE SHALL NOT BE ABLE TO  
KEEP OUR MIND STRONG AND CLEAR.**







**EVERY DAY IS ANOTHER CHANCE  
TO GET STRONGER  
TO EAT BETTER  
TO LIVE HEALTHIER  
AND TO BE THE BEST VERSION  
OF YOU**




A HEALTHY LIFESTYLE NOT  
ONLY CHANGES YOUR BODY,  
IT CHANGES YOUR MIND,  
YOUR ATTITUDE, AND YOUR  
MOOD.





A GOOD LAUGH AND A LONG  
SLEEP ARE THE BEST CURES IN  
THE DOCTOR'S BOOK.





**EXERCISE NOT ONLY  
CHANGES YOUR BODY,  
IT CHANGES YOUR MIND,  
YOUR ATTITUDE AND  
YOUR MOOD.**





**GOOD THINGS  
COME TO  
THOSE WHO  
SWEAT.**

*Feel the  
force*

**BULLDEER**



A close-up photograph of a person's hand using a dark stone pestle to grind ingredients in a light-colored mortar. The scene is set against a plain, light background. A quote is overlaid in the center of the image in a black, cursive font. In the bottom left corner, there is a small pile of fresh green herbs, likely cilantro. The overall composition is clean and focused on the act of food preparation.

*Healthy is an outfit  
that looks different  
on everybody*





**TIME AND HEALTH ARE TWO  
PRECIOUS ASSETS THAT WE DON'T  
RECOGNIZE AND APPRECIATE  
UNTIL THEY HAVE BEEN DEPLETED.**

**-DENIS WALTLEY**