

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.”

John F. Kennedy

Pre-Exercise: 1 2 3 4 5 6 7 8 9 10

Exercise Plan:

Post-Exercise: 1 2 3 4 5 6 7 8 9 10

“Take care of your body, it’s the only place you have to live.”
Jim Rohn

Pre-Exercise: 1 2 3 4 5 6 7 8 9 10

Exercise Plan:

Post-Exercise: 1 2 3 4 5 6 7 8 9 10

"It's a slow process, but quitting won't speed it up."
Unknown

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Exercise Plan:

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“If it doesn’t challenge you it doesn’t change you.”
Fred Devito

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Exercise Plan:

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“Our bodies are capable of anything. It’s our minds we have to convince.”
Unknown

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“I’ve failed over and over again in my life. And that is why I succeed.”
Michael Jordan

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“Be patient with yourself. Nothing in nature blooms all year.”
Unknown

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“Youth is the gift of nature but age is a work of art.”
Stanislaw Jerzy Lec

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“Aging is just another word for living.”
Cindy Joseph

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“Sometimes you crawl out of bed in the morning and you think, I’m not going to make it, but you laugh inside - remembering all the times you’ve felt this way.”

Charles Bukowski

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“We can't avoid age. However, we can avoid some aging. Continue to do things. Be active. Life is fantastic in the way it adjusts to demands; if you use your muscles and mind, they stay there much longer.”

Charles H. Townes

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“Do something today that your future self will thank you for.”
Sean Patrick Flanery

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