**"Commitment means staying loyal to what you said you were going to do**

**long after the mood you said it in has left you."**

**"Fitness is not 30% gym and 70% diet. It's 100% dedication to the gym**

**and your diet!"**

**"Training gives us an outlet for suppressed energies created by stress and**

**thus tones the spirit just as exercise conditions the body."**

**"Today I will do what others won't so tomorrow I can do what others can't."**

**"You're only one workout away from a good mood."**

**"When you feel like quitting think about why you started."**

**"All great achievements require time."**