* **By choosing healthy over skinny, you are choosing self-love over self-judgment.**
* **A journey of a thousand miles begins with a single step. Take your first step towards health and fitness today**
* **It’s not a short term diet, it’s a long term lifestyle change**
* **You cannot control everything in your life but you can control what you put in your body**
* **Think before eating- not after**
* **A healthy outside starts from inside**
* **Being fit is 80% diet and 20% exercise- you can’t outrun your fork**
* **Losing weight is hard- being overweight is hard – choose your hard**
* **When you start eating food without labels, you no longer need to count calories**
* **The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison – choose your form**
* **You don’t have to eat- you just have to eat right**
* **Whatever your problem is – the answer is not in the fridge**
* **Health is not about the weight you lose but about the life you gain**
* **Exercise and healthy diet involve challenging the body to adapt**
* **Movement is a medicine for creating change in a person’s physical, emotional and mental states**
* **Train your body to crave healthy foods – its doable**