

30 Motivational Quotes

1. "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
2. "The body achieves what the mind believes." — Napoleon Hill
3. "The only bad workout is the one that didn't happen." — Kiana Tom
4. "Strength does not come from the physical capacity. It comes from an indomitable will." — Mahatma Gandhi
5. "Your body is your most priceless possession. Take care of it." — Jack Lalanne
6. "Physical fitness is the first requisite of happiness." — Joseph Pilates
7. "The human body is the best picture of the human soul." — Ludwig Wittgenstein
8. "Your body can stand almost anything. It's your mind that you have to convince." — David Goggins
9. "Take care of your body. It's the only place you have to live." — Jim Rohn
10. "The body is an instrument, the mind its function, the witness and reward of its operation." — George Santayana
11. "To keep the body in good health is a duty... otherwise we shall not be able to keep the mind strong and clear." — Buddha
12. "A healthy body is a guest-chamber for the soul; a sick body is a prison." — Francis Bacon
13. "Physical fitness is the cornerstone of achieving greatness in any area of your life." — Bob Harper
14. "Respect your body. It's the only one you get." — Danielle Doby
15. "The reason I exercise is for the quality of life I enjoy." — Kenneth H. Cooper

16. "Take care of your body. It's the only place you have to live."
— Jim Rohn
17. "The body is a great servant, but a poor master." — Winston Churchill
18. "In order to change, we must be sick and tired of being sick and tired." — Unknown
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