



63 Motivational Quotes to Help you Get and Stay in Shape

Kymerly Williams-Evans MA, Alexandra Williams MA

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Use these 63 quotes to help you get started with your exercise plan and reach your goals. Each quote is selected to help you make the changes you want to achieve greater fitness; take action to get in shape; keep at it especially when the going gets tough; and remember the attitude that will get you the results you want. Every exerciser can use a motivational boost once in awhile. From Mark Twain to Zig Ziglar, from Nike to the Dalai Lama, from Helen Keller to Wayne Gretzky -- they all have something to say to keep you on track and inspired. Compiled by international fitness experts and identical twins, Kymberly and Alexandra of Fun and Fit.

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