

Taking care of you is
the most important part of
taking care of your kids

**I THOUGHT ABOUT
GIVING UP BUT THEN
I REMEMBERED WHO
WAS WATCHING**

Fit moms don't
have time...
they **MAKE** time

I exercise because
somehow completely
exhausting myself is
the most relaxing
part of my day

Kids are a reason,
not an excuse

Exercise is a
celebration of
what your
body can do

*I exercise so
that I can say
yes when both of
my kids want
held at once*

*A 30 minute
workout is 2% of
your day*

**It's not who you
are that holds you
back, it's who you
think your not**

**Never
forget
why you
started**

**I found I was more
confident when I
stopped being someone
else's definition of
beautiful and started
being my own**

AND SHE
LIFTED
HEAVILY
EVER AFTER

**KEEP YOUR SQUATS
LOW AND YOUR
STANDARDS HIGH**

*Beauty begins
when you start
being yourself*

*The only bad
workout is that one
that didn't happen*

**YOU DON'T HAVE
TO BE EXTREME,
JUST CONSISTENT**

**BEING A MOM IS THE
BEST REASON YOU'LL
EVER HAVE TO TAKE
CARE OF YOU**

**FIT IS NOT A
DESTINATION,
IT IS A WAY
OF LIFE**

You won't always
be motivated so
you must learn to
be disciplined

JUST BECAUSE
YOU'RE STRUGGLING,
DOESN'T MEAN
YOU'RE FAILING

Work out
because you
love your body,
not because
you hate it