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

Fit moms don't have time...

they MAKE time

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

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

Xids 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 mínute workout ís 2% of your day

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

I found I was more confident when I stopped being someone else's definition of beautiful and started being my own Never forget why you started

AND SHE LIFTED HEAVILY EVER AFTER KEEP YOUR SQUATS

LOW AND YOUR

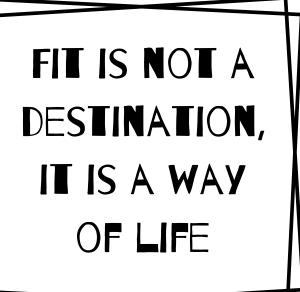
STANDARDS HIGH

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



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