

WHAT IS A WORKOUT

A workout is 25 percent perspiration and 75 percent determination! Stated another way, it is one part physical exertion and three parts self-discipline. Doing it is easy once you get started.

A workout makes you better today than you were yesterday. It strengthens the body, relaxes the mind, and toughens the spirit!!

When you workout regularly, your problems diminish and your CONFIDENCE grows.

A workout is a personal triumph over laziness and procrastination. It is a badge of a WINNER- the mark of an organized, goal-oriented person who has taken charge of his or her destiny.

A workout is a wise use of time and an investment in excellence. It is a way of preparing for life's challenges and proving for yourself that you have what it takes to do what is necessary.

A workout is a key that helps unlock the door for opportunity and success. Hidden within each of us is an extraordinary force!!

PHYSICAL AND MENTAL FITNESS ARE THE TRIGGERS THAT CAN RELEASE THE POWER WITHIN US!

A workout is a form of REBIRTH! When you finish a good workout, you don't simply feel better**YOU FEEL BETTER ABOUT YOURSELF!!!!**