



**Compiled By:**  
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1. By exercise. I'll tell you one thing, you don't always have to be on the go. I sit around a lot, I read a lot, and I do watch television. But I also work out for two hours every day of my life, even when I'm on the road.  
- **Jack LaLanne**
  
2. The first wealth is health - **Emerson**
  
3. If you don't do what's best for your body, you're the one who comes up on the short end. - **Julius Erving**
  
4. Those who do not find time for exercise will have to find time for illness.  
- **Earl of Derby**
  
5. Our health always seems much more valuable after we lose it. -  
**Unknown**
  
6. A man too busy to take care of his health is like a mechanic too busy to take care of his tools. - **Unknown**
  
7. Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it. -  
**Plato**
  
8. It is exercise alone that supports the spirits, and keeps the mind in vigor.  
- **Marcus Tullius Cicero**

9. Health is the thing that makes you feel that now is the best time of the year. - **Franklin P. Adams**
  
10. If I'd known I was going to live this long, I'd have taken better care of myself. - **Eubie Blake**
  
11. Look to your health; and if you have it, praise God and value it next to conscience; for health is the second blessing that we mortals are capable of, a blessing money can't buy. - **Izaak Walton**
  
12. Take care of your body. It's the only place you have to live. - **Jim Rohn**
  
13. The higher your energy level, the more efficient your body. The more efficient your body, the better you feel and the more you will use your talent to produce outstanding results. - **Anthony Robbins**
  
14. The sovereign invigorator of the body is exercise, and of all the exercises walking is the best. - **Thomas Jefferson**
  
15. Time and health are two precious assets that we don't recognize and appreciate until they have been depleted. - **Denis Waitley**
  
16. To get rich never risk your health. For it is the truth that health is the wealth of wealth. - **Richard Baker**

17. You can set yourself up to be sick, or you can choose to stay well. - **Wayne Dyer**

18. Money is the most envied, but the least enjoyed. Health is the most enjoyed, but the least envied. - **Charles Caleb Colton**

19. Health is the vital principle of bliss, and exercise of health. - **James Thomson**

20. The body of man is a machine which winds its own springs. - **J. O. De La Mettrie**

21. A man's health can be judged by which he takes two at a time - pills or stairs. - **Joan Welsh**

22. 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**

23. Running is one the best solutions to a clear mind. - **Sasha Azevedo**

24. Take care of your body with steadfast fidelity. - **Goethe**

25. The only disability in life is a bad attitude. - **Scott Hamilton**

26. It is remarkable how ones wits are sharpened by physical exercise. - **Pliny the Younger**

27. Exercise is good for your mind, body, and soul. - **Susie Michelle Cortright**

28. Wholesome exercise in the free air, under the wide sky, is the best medicine for body and spirit. - **Sarah Louise Arnold**

29. True enjoyment comes from activity of the mind and exercise of the body; the two are united. - **Alexander von Humboldt**

30. Self-delusion is pulling in your stomach when you step on the scales. - **Paul Sweeney**

31. To be successful, you must dedicate yourself 100% to your training, diet and mental approach. - **Arnold Schwarzenegger**

32. Many of life's failures are people who did not realize how close they were to success when they gave up. - **Thomas Edison**

33. You have to stay in shape. My grandmother, she started walking five miles a day when she was 60. She's 97 today and we don't know where the hell she is. - **Ellen Degeneres**

34. You must begin to think of yourself as becoming the person you want to be. - **David Viscott**
35. The difference between try and triumph is just a little umph! - **Marvin Phillips**
36. The good Lord gave you a body that can stand most anything. It's your mind you have to convince. - **Vincent Lombardi**
37. The groundwork of all happiness is health. - **Leigh Hunt**
38. The man who can drive himself further once the effort gets painful is the man who will win. - **Roger Bannister**
39. Ultimately, the only power to which man should aspire is that which he exercises over himself. - **Elie Wiesel**
40. Mental attitude is more important than mental capacity. - **Walter Dill Scott**
41. My motto was always to keep swinging. Whether I was in a slump or feeling badly or having trouble off the field, the only thing to do was keep swinging. - **Hank Aaron**

42. Whether you think you can or whether you think you can't, you're right!  
- **Henry Ford**

43. Enter every activity without giving mental recognition to the possibility of defeat. Concentrate on your strengths instead of your weaknesses, on your powers instead of your problems. - **Paul J. Meyer**

44. Everyone has limits on the time they can devote to exercise, and cross-training simply gives you the best return on your investment balanced fitness with minimum injury risk and maximum fun. - **Paula Newby-Fraser**

45. Toughness is in the soul and spirit, not in muscles. - **Alex Karras**

46. It's not whether you get knocked down; it's whether you get up. -  
**Vince Lombardi**

47. It's the lack of faith that makes people afraid of meeting challenges, and I believe in myself. - **Muhammad Ali**

48. If you always put limit on everything you do, physical or anything else. It will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them. - **Bruce Lee**

49. Exercise: you don't have time not to. - **Unknown**

50. We do not stop exercising because we grow old - we grow old because we stop exercising. - **Dr. Kenneth Cooper**

51. Eighty percent of success is showing up. - **Woody Allen**

52. Running is a big question mark that's there each and every day. It asks you, "Are you going to be a wimp or are you going to be strong today?"  
- **Peter Maher**

53. A vigorous five-mile walk will do more good for an unhappy but otherwise healthy adult than all the medicine and psychology in the world. - **Paul Dudley**

54. You will never find time for anything. If you want time, you must make it. - **Charles Buxton**

55. Physical fitness can neither be achieved by wishful thinking nor outright purchase. - **Joseph Pilates**

56. Exercise alone provides psychological and physical benefits. However, if you also adopt a strategy that engages your mind while you exercise, you can get a whole host of psychological benefits fairly quickly. -  
**James Rippe, MD**

57. To feel "fit as a fiddle," you must tone down your middle. -

**Anonymous**

58. He who does not mind his belly, will hardly mind anything else. -

**Samuel Johnson**

59. The doctor of the future will give no medicine, but instead will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease. - **Thomas Edison**

60. Living a healthy lifestyle will only deprive you of poor health, lethargy, and fat. - **Jill Johnson**

61. I like weights. You know where you stand with them. Well, sometimes you're lying under them, trying not to let them crush you, but you see, you KNOW they'd crush you if they could. There's honesty. - **T.**

**Campbell and Gisele Lagace**

62. No matter who you are, no matter what you do, you absolutely, positively do have the power to change. - **Bill Phillips**

63. Use it or lose it. - **Jimmy Connors**

64. Nothing lifts me out of a bad mood better than a hard workout on my treadmill. It never fails. To us, exercise is nothing short of a miracle. - **Cher**

65. People say that losing weight is no walk in the park. When I hear that I think, yeah, that's the problem. - **Chris Adams**

66. Movement is a medicine for creating change in a person's physical, emotional, and mental states. - **Carol Welch**

67. Those who think they have not time for bodily exercise will sooner or later have to find time for illness. - **Edward Stanley**

68. The hardest thing about exercise is to start doing it. Once you are doing exercise regularly, the hardest thing is to stop it. - **Erin Gray**

69. Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning. - **Thomas Jefferson**

70. Exercise is done against one's wishes and maintained only because the alternative is worse. - **George Sheehan**

71. Health is the vital principle of bliss, and exercise, of health. - **James Thompson**

72. And I believe that the best buy in public health today must be a combination of regular physical exercise and a healthy diet. - **Julie Bishop**
73. Never hurry. Take plenty of exercise. Always be cheerful. Take all the sleep you need. You may expect to be well. - **James Freeman Clarke**
74. Take care of your body, then the rest will automatically become stronger. - **Chuang Tzu**
75. Health and good estate of body are above all gold, and a strong body above infinite wealth. - **Ecclesiasticus 30:15**
76. The greatest wealth is health. - **Virgil**
77. Health is a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity. - **World Health Organization, 1948**
78. If you have health, you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want. - **Elbert Hubbard**
79. Sickness comes on horseback but departs on foot. - **Dutch Proverb**

80. When it comes to eating right and exercising, there is no "I'll start tomorrow." Tomorrow is disease. - **V.L. Allinear**

81. A healthy body is the guest-chamber of the soul; a sick, its prison. - **Francis Bacon**

82. Hear your heart. Heart your health. - **Faith Seehill**

83. Just because you're not sick doesn't mean you're healthy. - **Author Unknown**

84. Without health, there is no point. To anything. - **Everett Mámor**

85. Happiness lies, first of all, in health. - **George William Curtis**

86. So many people spend their health gaining wealth, and then have to spend their wealth to regain their health. - **A.J. Reb Materi**

87. In health there is freedom. Health is the first of all liberties. - **Henri-Frederic Amiel**

88. The body is like a piano, and happiness is like music. It is needful to have the instrument in good order. - **Beecher**

89. My goal has always been to help people help themselves. Your body is your most priceless possession; you've got to take care of it! - **Jack Lalanne**

90. The resistance that you fight physically in the gym and the resistance that you fight in life can only build a strong character. - **Arnold Schwarzenegger**

91. Pain is temporary. Quitting lasts forever. - **Lance Armstrong**

92. No matter how good you get you can always get better and that's the exciting part. - **Tiger Woods**

93. I'm not out there sweating for three hours every day just to find out what it feels like to sweat. - **Michael Jordan**

94. I wouldn't say anything is impossible. I think that everything is possible as long as you put your mind to it and put the work and time into it. - **Michael Phelps**

95. No pain, no gain. - **Athletic Proverb**

96. Run hard, be strong, think big! - **Percy Cerutti**

97. A lot of people run a race to see who's the fastest. I run to see who has the most guts. - **Steve Prefontaine**

98. Workouts are like brushing my teeth; I don't think about them, I just do them. The decision has already been made. - **Patti Sue Plumer, U.S. Olympian**

99. If someone says, 'Hey, I ran 100 miles this week. How far did you run?' ignore him! What the hell difference does it make?.... The magic is in the man, not the 100 miles. - **Bill Bowerman**

100. The body does not want you to do this. As you run, it tells you to stop but the mind must be strong. You always go too far for your body. You must handle the pain with strategy...It is not age; it is not diet. It is the will to succeed. - **Jacqueline Gareau, 1980 Boston Marathon champ**

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