

10 Quotes to Get You Motivated to Work Out

Summary: *If you're feeling less than motivated to exercise, keep these 10 quotes nearby to help you stay inspired.*

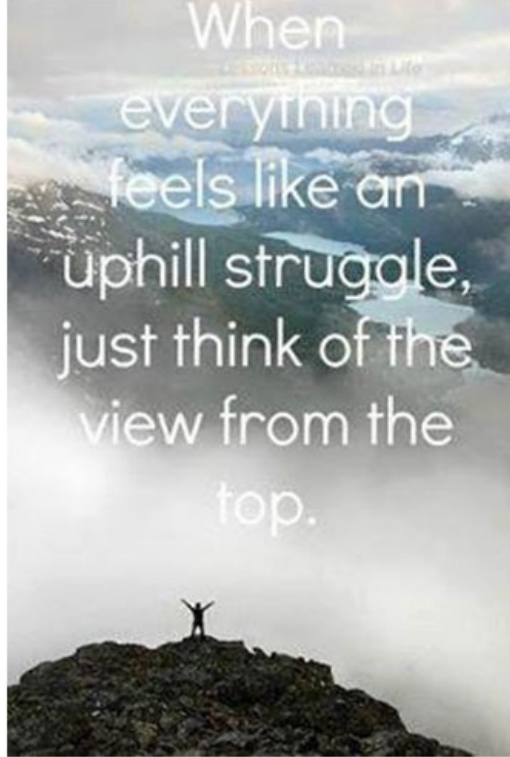
Even the most fit people need some motivation to get their workouts in, or to push themselves harder. Whether you're a pro or a beginner, these quotes are things to keep as a phone background, an email reminder image, or just hidden away for when you know you'll need them. A little extra motivation can go a long way to reaching your goals.



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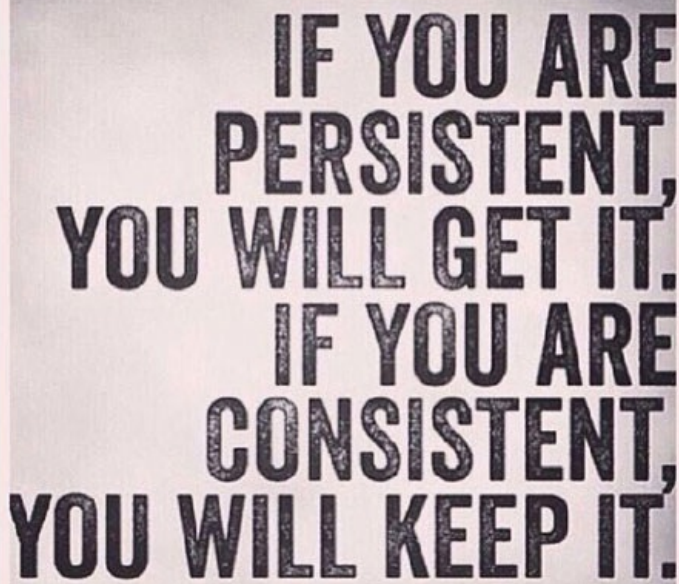
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Don't compare
yourself to others.
Compare yourself
to the person from
yesterday

motivationintohabit | tumblr

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**IF YOU ARE
PERSISTENT,
YOU WILL GET IT.
IF YOU ARE
CONSISTENT,
YOU WILL KEEP IT.**

GeniusQuotes.net

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DISCIPLINE

IS DOING WHAT YOU
KNOW NEEDS TO BE

DONE

EVEN IF YOU DON'T
WANT TO DO IT.



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**“TAKE CARE OF
YOUR BODY.
IT’S THE ONLY
PLACE YOU
HAVE TO LIVE.”**

- JIM ROHN

BLOG ZERO DEAN CH

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