



101 Motivational Quotes for Weight Loss - Suggestions, encouragement and advice for your fitness, diet and life goals

J.W Kelly

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Reading these quotes got me much more focused and driven (and continue to) on my goals. I provide insights into what these words of wisdoms mean to me as well as how they may impact you.

Weight is not easy. If staying in shape was as simple as it sounds everyone would be slim. Though most excuses people make for not working out or eating healthy, are very counter-productive. These excuses sound like complaining about being lazy more than anything else. Though, like I said it is not easy. Before I went to college I ate more healthily. Before I got a full time job I had more time for exercise and before I had kids I was much less stressed. But I got over it, improvised. When I couldn't find the time, I made the time.

Eventually I sorted out my diet and began exercising regularly. This did wonders for my stress levels. Sticking to it however was the hardest part. In this book I' have rallied up a collection of quotes that have helped myself and others to continue to push themselves.

These quotes are fuelled with inspiration that got me off the couch and onto the bike that had been sitting in the shed for years. Reading them, again and again, helped me to keep going. While I was pushing myself I learned a lot, and I am contributing these insights as well.

This book also includes

-Quick healthy meals that you can easily prepare when on the go or are tempted to get a take-out after an exhausting day are essential.

I have gathered my personal favourite simple yet delicious recipes.

-Simple, quick and efficient ways to get more exercise during the day

I have also compiled various methods you can incorporate into your routine to get more exercise that are not very time consuming.

Quotes are diverse, each section is split, so you can easily find the type of motivation that inspires you most

Getting Started

Getting up off that couch is the first step, but it can also be the toughest. It can be difficult to know where to start with dieting and exercising and how to effectively integrate it into your life. Do I need a personal trainer? How specific does my diet have to be for me to lose weight? These are the questions many people starting out beg to be answered. Many believe their problems will solve themselves if their questions were answered. But the change won't happen overnight. You may soon realize that the mental aspect is just as important as the physical. It's about learning from your mistakes, discovering what best suits you and not giving up when you feel you have lost your momentum.

Procrastination

Many consider working out or eating healthily to be a tedious chore. It's understandable. People like to spend their free time doing what they enjoy. 30 minutes on a treadmill and squats does not sound very appealing to many people. This is why they tend to put it off. Instead reassure themselves that they will do it later instead of feeling guilty of not trying at all. Good advice is to start slow, do what works best right now. Few are capable of going from a lifestyle of sugary snacks and excessive couch potatoing to a life of eating healthy and exercising regularly overnight. Start slow, don't strain yourself, you can start if you start slow and start now.

Exercise

Many people consider exercise to a tedious chore. It's understandable how many would rather spend their free time doing something they enjoy rather than shoving themselves into a tiresome fitness class. But exercise can be something you enjoy doing in your free time. There are countless sports and activities all tailored to different aspects that can suit anyone. Exercise can become one of those things in your life you constantly put off due to your lack of despite to do it. Or you can find something you genuinely enjoy doing that just so happens to involve exercise.

I hope that these quotes will have a similar effect on you as they did on me. Good luck.

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Richard Gary:

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John Ferguson:

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Herbert Oakley:

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