

It is not the mountain we conquer but ourselves
Edmund Hillary



No action, no change. Limited action, limited change.
Catherine Pulsifer



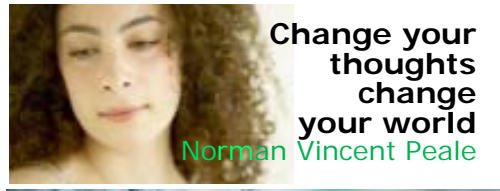
The day you decide to do it is your lucky day
Japanese Proverb



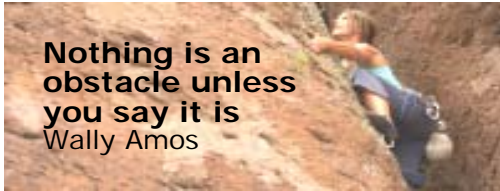
All great achievements require time
Maya Angelou



Rather than wishing for change, you first must be prepared to change
Catherine Pulsifer



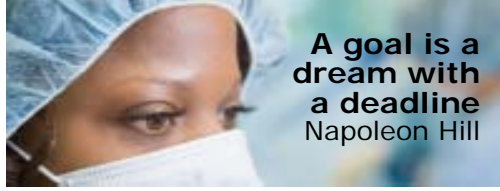
Change your thoughts change your world
Norman Vincent Peale



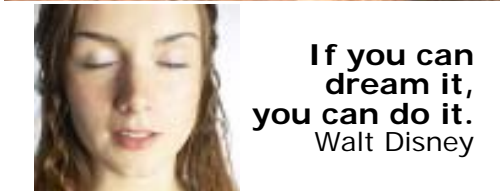
Nothing is an obstacle unless you say it is
Wally Amos



Nothing great was ever achieved without enthusiasm
Ralph Waldo Emerson



A goal is a dream with a deadline
Napoleon Hill



If you can dream it, you can do it.
Walt Disney



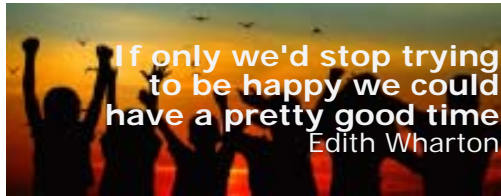
Hope is the dream of a soul awake
French Proverb



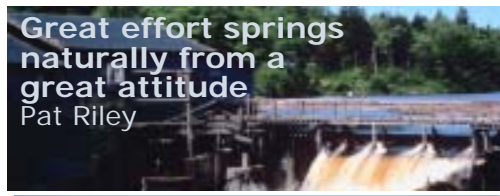
Whatever you do, don't do it halfway.
Bob Beamon



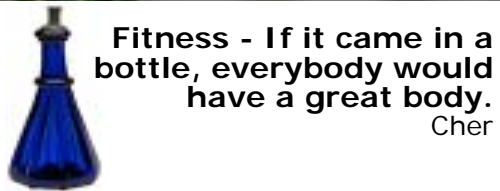
Happiness is a direction, not a place.
Sydney J. Harris



If only we'd stop trying to be happy we could have a pretty good time
Edith Wharton



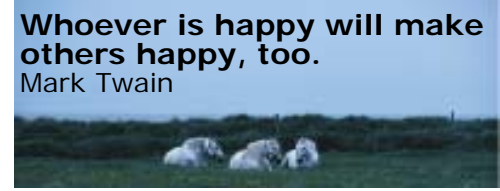
Great effort springs naturally from a great attitude
Pat Riley



Fitness - If it came in a bottle, everybody would have a great body.
Cher



Health and cheerfulness naturally beget each other.
Joseph Addison



Whoever is happy will make others happy, too.
Mark Twain



**Be Silly
Be Honest
Be Kind**
Ralph Waldo Emerson



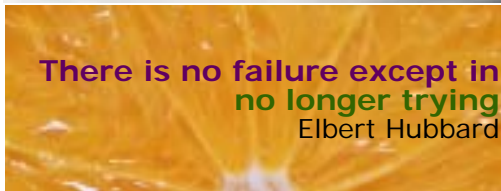
Once you choose hope, anything's possible
Christopher Reeve



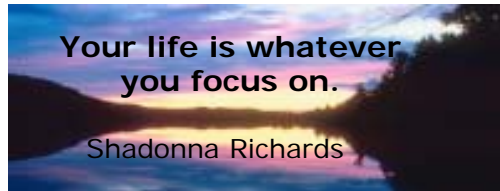
Earth is crammed with Heaven.
Elizabeth Barrett Browning



Remember, the inspiration follows action and not vice versa.
Eric Aronson



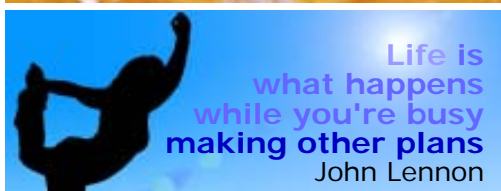
There is no failure except in no longer trying
Elbert Hubbard



Your life is whatever you focus on.
Shadonna Richards



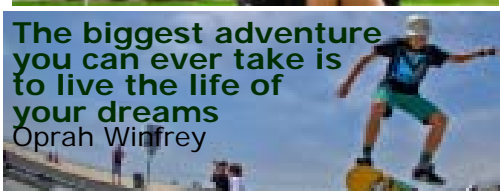
Be kind, for everyone you meet is fighting a hard battle
Plato



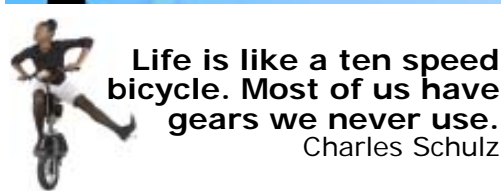
Life is what happens while you're busy making other plans
John Lennon



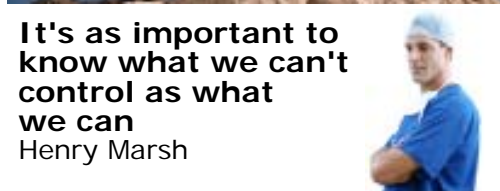
Life is uncharted territory. It reveals its story one moment at a time.
Leo Buscaglia



The biggest adventure you can ever take is to live the life of your dreams
Oprah Winfrey



Life is like a ten speed bicycle. Most of us have gears we never use.
Charles Schulz



It's as important to know what we can't control as what we can
Henry Marsh

Nice Legs
in the making!



DREAM
of all the
places
you'll go

Set
Yourself
FREE!



Sculpt a
beautiful backside

Be true
to yourself



Soon You Can
Wear
Anything!



Watching the
inches come off!



Relax



**Have
FUN!**



GO FOR IT!



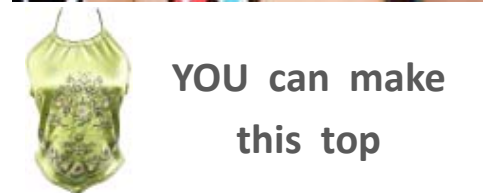
GET SASSY



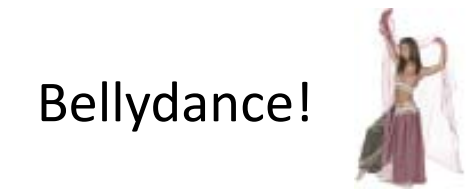
*Be easily
tickled*



*Be
yourself*



**YOU can make
this top**



Bellydance!

Walk
it off



Be the girl of
YOUR
dreams!



*Be easy-going,
easy to work with,
easy to please.*



Unleash your
strong, sexy arms!



Appreciate your own
sensuality!



TAKE IT IN



MAKE TIME



**Kick up
your heels**



Be a Member:
Fitness USA



**Be
Sweet**



**Skinny
Jeans!**



**Tighten
& Tone!**



Do
some-
thing
different



Be Playful



Write yourself
a good ending