

HEALTHFUL TIPS

HEALTH AND FITNESS TIPS FOR YOUR ENTIRE FAMILY

QUOTES TO INSPIRE A HEALTHY ATTITUDE



Attitudes are contagious.
Are yours worth catching?
Dennis and Wendy Mannering

*It's so hard when I have to, and so
easy when I want to.*
Annie Gottlier

If you don't like something change it;
if you can't change it, change the way
you think about it.
Mary Engelbreit

So often time it happens, we all live
our life in chains, and we never even
know we have the key.
The Eagles, "Already Gone"

*Enjoy the little things, for one day you
may look back and realize they were
the big things.*
Robert Brault

The human spirit is stronger than any-
thing that can happen to it.
C.C. Scott

A happy person is not a person in a
certain set of circumstances, but rather
a person with a certain set of attitudes.
Hugh Downs

*Turn your face to the sun and
the shadows fall behind you.*
Maori Proverb

The power of love to change
bodies is legendary, built into folklore,
common sense, and everyday experi-
ence. Love moves the flesh, it pushes
matter around.... Throughout history,
"tender loving care" has uniformly
been recognized as a valuable ele-
ment in healing.
Larry Dossey

In order to change we must be sick
and tired of being sick and tired.
Author Unknown

Health is a state of complete
harmony of the body, mind and spirit.
When one is free from physical
disabilities and mental distractions,
the gates of the soul open.
B.K.S. Iyengar

*Life is either a daring adventure or
nothing. To keep our faces toward
change and behave like free spirits
in the presence of fate is
strength undefeatable.*
Helen Keller

You always have a choice,
even if it is only a choice
of your attitude.
Lucy MacDonald

As soon as you recognize that
you are able to control your
thoughts happiness will come
within your reach.
David Baird

*"Having a positive mental attitude is
asking how something can
be done rather than saying it
can't be done."*
Bo Bennett

"We cannot change our past.
We can not change the fact that peo-
ple act in a certain way. We can not
change the inevitable. The only thing
we can do is play on the one string
we have, and that is our attitude."
Chuck Swindoll

