

I ENJOY STRETCHING AND EXERCISING MY BODY

I believe that my body is a temple. A temple is a sacred place that deserves to be well-cared for. My health is one of my most important priorities, so I take care of my body with proper diet and exercise.

I look forward to stretching and relaxing my body.

Stretching my body helps me to avoid injuries and keeps me supple and flexible. I breathe easier and have better posture after I have stretched my body thoroughly. I follow a flexibility routine each day and love the benefits I am receiving.

I look forward to testing and building my body.

Exercising my body is also important to me. By exercising, I keep my muscles strong. My heart and lungs also get a great workout and become stronger. I have an exercise routine that works for me and that I find enjoyable. I am able to maintain my workout routine with ease.

My exercises are important activities and I plan them into my day. My health is paramount, and I schedule my life to reflect this. I know that my life becomes much more challenging if my health fails.

Today, and everyday, I make it a point to stretch and exercise my body. I create time in my schedule to ensure that I am doing what I can to boost my health and well-being. I enjoy spending this time and effort on myself.

REFLECTION QUESTIONS

1

How does incorporating stretching and exercise into my routine benefit my health?

2

What types of exercises do I find most enjoyable and effective?

3

How can I create a schedule that prioritizes my physical well-being?