

## I WORK OUT CONSISTENTLY TO REMAIN HEALTHY

Exercise is a part of my daily life. I give it the same priority as my other daily responsibilities. Working out is just as necessary as food and rest.

I feel better and my body functions more effectively when I stay in shape. When I go for checkups at the doctor, I am confident about the test results and I end up passing with flying colors. I know that I am making positive choices about my physical well-being.

When I am in shape, I am happier. I sense my energy elevate immediately after an exercise routine. I feel like I can take on the world and accomplish anything I desire.

I am more pleasant to be around when I exercise. My friends and family love the person I am when I stay in shape. They encourage me to meet my physical goals.

I also encourage my loved ones to include exercise in their lives. Whenever I am heading to the gym, I invite a friend or family member to come along. I am happy to see their progress as the days go by. I am also motivated to work harder when we exercise together.

Today, I embrace a healthy lifestyle. My body, mind, and soul are in harmony when I take the time to exercise. I am committed to maintaining my workout regimen.

## REFLECTION QUESTIONS

**1**

How can I prioritize exercise in my daily routine?

**2**

What are the benefits I experience when I maintain a regular workout regimen?

**3**

How can I motivate others to include exercise in their lives?