

**A GOAL IS LIKE A POSTAGE STAMP. YOU GOTTA STICK TO IT UNTIL YOU ARRIVE.**

**-Anonymous**

**SUCCESS IS A LADDER WHICH CANNOT BE CLIMBED WHILE SITTING STILL.**

**- Anonymous**

**THE HUMAN BODY IS MADE UP OF OVER 400 MUSCLES, EVOLVED THROUGH CENTURIES OF PHYSICAL ACTIVITY. UNLESS THEY ARE USED, THEY WILL DETERIORATE. -Eugene Lyman Fisk**

**THOSE WHO DO NOT FIND TIME FOR EXERCISE WILL FIND TIME FOR ILLNESS. -Earl of Derby**

**AFTER DINNER, REST AWHILE.  
AFTER SUPPER, WALK A MILE.**

**-Arabic Proverb**

**TO EAT IS A NECESSITY, BUT TO EAT INTELLIGENTLY IS AN ART.**

**-La Rouchefoucauld**

**HE WHO TAKES MEDICINE AND NEGLECTS  
DIET, WASTES THE SKILL OF THE PHYSICIAN.**

**-Chinese Proverb**

**LET NOTHING WHICH CAN BE TREATED BY  
DIET, BE TREATED BY OTHER MEANS.**

**-Maimonides**

**IF YOU WISH TO GROW THINNER,  
DIMINSH YOUR DINNER.**

**-Henry S. Leigh**

**TAKE TWICE AS LONG TO EAT HALF AS MUCH.**

**-Anonymous**

**WHEN EATING, A THIRD OF THE STOMACH  
SHOULD BE FILLED WITH FOOD, A THIRD WITH  
DRINK, AND THE REST LEFT EMPTY.**

**-The Talmud**