

# Alison Sweeney

## Quotes

*Kids, People, Thinking, Husband, Children, Running, Mom, Important, Work Out, Mistake, Fun, Snacks, Mind, Years, Self, Class, Long, Dog, Mirrors, Goal*

I'm a working mom, not a professional athlete, but I am a runner and that's a special club.

~Alison Sweeney

What's wrong with extreme dieting and hard-core fitness plans is that they don't take into account the rest of your life.

~Alison Sweeney

People think, 'Oh, I'm loving myself by sitting on this sofa for four hours.' Love yourself enough to get up!

~Alison Sweeney

I love almonds as a snack, and in the morning, yogurt is a fantastic go-to. Sometimes I mix them together.

~Alison Sweeney

It's funny because I'm a sucker for glitz and glitter when it comes to clothes and nail polish, but with my makeup, I'm more comfortable with a natural look. It feels more like me.

~Alison Sweeney

I always cringe when people tell me they don't eat breakfast, as though that's a good thing. Eek! You have to start the day off with something in your stomach to get your metabolism active.

~Alison Sweeney

I'm addicted to a really tough workout. I like to be drenched in sweat when I'm done because I feel accomplished.

~Alison Sweeney

I love fresh vegetables and we always include them in our meals. I don't force my kids to eat asparagus, but they do eat peas, broccoli, and carrots.

~Alison Sweeney

I save every Christmas card. I keep them all.

~Alison Sweeney

I recommend that people try new stuff or take new fitness classes all the time. It's important to mix up your routine, not only for your body, but also for your mental state.

~Alison Sweeney

I save my dreams and hopes for my kids. When I'm making a wish under a bridge or tunnel, it's always for them.

~Alison Sweeney

I like Burt's Bees Tinted Lip Balm because I don't need a mirror to reapply. But I definitely treat myself with face lotion - I use La Mer.

~Alison Sweeney

I battled with my weight as a teenager, partly because there wasn't the information or conversation about how to live a healthy lifestyle.

~Alison Sweeney

I like to watch 'Grey's Anatomy' when I'd doing cardio. But, sometimes I do need good music to get me moving. I like high energy songs by artists like Justin Timberlake and Rihanna.

~Alison Sweeney

I have encouraged my kids to eat well from day one. I add flavor - herbs and spices - to everything because I don't want them getting used to starchy, bland food.

~Alison Sweeney

I was never obese, but I felt 'less than' because I wasn't as thin as other actresses. I totally fell for that low-fat craze. My goal was to be X jeans size or a specific number on the scale.

~Alison Sweeney

Fitness is not an option. It's part of my job.

~Alison Sweeney

It's not weird to look at yourself in the mirror at the gym - that's why they're there! You have to make sure that you're doing things right.

~Alison Sweeney

My husband and I both have our bucket lists. Running a marathon was on mine.

~Alison Sweeney

I have two beautiful children and my husband. The perfect day for me is just to be with them and have fun. We like simple things, you know.

~Alison Sweeney

I've been on 'Days' since I was 16, and being surrounded by such thin, gorgeous actresses made me so insecure and self-conscious.

~Alison Sweeney

If you're sitting in front of the TV, you can't have ice cream. But if you're running around all day, then yeah, you can.

~Alison Sweeney

My DVR says that I watch a lot of TV my husband likes.

~Alison Sweeney

Hey 'Bachelor,' take notes! Trusting one another and sharing a journey to health leads to lasting relationships!

~Alison Sweeney

I was definitely one of those people who fell for the fat-free cookies and chips that are loaded with sugar and calories.

~Alison Sweeney

My husband and I don't want Hollywood drama. I go to the market and do the dishes. I'm not treated differently because I work on TV.

~Alison Sweeney

I've been with 'Days of Our Lives' for 21 years, and I've decided this year is going to be my last year.

~Alison Sweeney

I keep track of my body by how my jeans fit and how I feel.

~Alison Sweeney

Yoga is my luxury workout. If I'm on vacation or I have a day off, I love a 90-minute yoga class. It's a really strong workout, but it takes a little bit longer.

~Alison Sweeney

That's the biggest thing to separate - your body from your self worth.

~Alison Sweeney

I cook at home all the time and really enjoy it. It's fun family time and we all chip in and help out. We do a lot with our outdoor grill, a lot of chicken or shrimp, and every meal includes veggies.

~Alison Sweeney

Sally Field looks amazing in general, never mind her age! She's a phenomenally talented actress and has had a career spanning so many decades.

~Alison Sweeney

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