

Bob Harper Quotes

*People, Needs, Mean, Moving, Crossfit, Thinking, Parent, Gay, Movement,
Choices, Believe, Trying, Years, Able, Kale, Fit, Small Changes, Issues, Past,
Eating*

Whatever the parents are doing, the kids will follow suit.

~Bob Harper

I have found that CrossFit has made me more fit than I have ever been.

~Bob Harper

Yoga is the fountain of youth. You're only as young as your spine is flexible.

~Bob Harper

Believe in yourself. Trust the process. Change forever.

~Bob Harper

CrossFit is all about constantly-varied, high-intensity movements. And to do these movements, you have to have a certified coach to take you through this - or any type of physical activity.

~Bob Harper

The CrossFit program is broad, general and inclusive, and most of all, the movements can be scaled down to any level of athlete. Just watch what I do with it on 'The Biggest Loser.'

~Bob Harper

Stop talking about tomorrow. You owe it to yourself to do whatever you can to live you can to live a better life today.

~Bob Harper

Try a recipe that uses leafy vegetables like kale, or switch to filling, high fiber grains like whole-wheat pasta.

~Bob Harper

Stand up and finish what you started

~Bob Harper

There's no finish line. That's a big pill for people to swallow, Every single day for the rest of your life, you are going to have to make better food choices, and move around a bit more.

~Bob Harper

The path to obesity is paved with bacon and white bread; the way to skinny is built on apples and Ezekiel.

~Bob Harper

I believe in the power of the human spirit.

~Bob Harper

Even though you really don't feel like you're motivated to go to the gym, remember how good you felt after the last time you went. Keep that in the forefront of your brain.

~Bob Harper

I found that people like rules, and I love to tell people what to do. It's not rocket science when it comes to weight loss. It's about eating a little less and moving a little bit more.

~Bob Harper

I really believe that our past can really hold us back from growth, so the best thing that we can do is **MOVE ON** and **NOT DWELL**.

~Bob Harper

You need a good support system when you're trying to make positive lifestyle changes. If everyone is eating burgers and fries while you're having fish and salad, it's easy to lose your willpower.

~Bob Harper

If you want to be right-sized in body, you've got to get rid of the supersize way of life.

~Bob Harper

When life kicks you in the teeth and knocks you down to the ground. Are you able to stand up and keep fighting?! That's what it's all about.

~Bob Harper

Being gay doesn't mean that you are less than anybody else. It's just who you are.

~Bob Harper

No carbs after lunch is one of the hardest (rules) to follow. But if you follow this rule YOU WILL lose weight

~Bob Harper

If you're wanting something salty, do air-popped popcorn. That, to me, would be a healthier choice than having any kind of fried chip.

~Bob Harper

I'm tired of good people getting ripped off by diet products that don't work!

~Bob Harper

You can't be a parent and say, 'I need you to be more active and I need you to eat right,' when you're still choosing to have poor eating habits.

~Bob Harper

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