

Daphne Oz Quotes

*Healthy, Fun, Growing Up, Kids, College, Long, Husband, People, Mom, Trying,
Moving, School, Exercise, Mean, Way, Perfect, Family And Friends, Dad,
Needs, Worry*

Worrying is just a prayer for the worst possible scenario.

~Daphne Oz

Figuring out how to eat healthfully on your own without your parents' guidance is one of the hardest lessons you must learn when you leave home for college.

~Daphne Oz

I have two pairs of stretchy maternity leggings and jeans, which I will never give up, because once you experience an elastic band for a waist, you will never go back.

~Daphne Oz

I am proactive and looking to change my own behavior rather than others' - which is generally much more successful!

~Daphne Oz

I do what I do because my favorite thing is to learn.

~Daphne Oz

Exercise is important, but exercise in a gym is not important. Go and take a walk outside. Skip the umpteenth coffee date and go for a hike instead. Take the stairs. Walk your errands.

~Daphne Oz

Food is medicine! We have forgotten that!

~Daphne Oz

Ultimately, it's how you approach things in life that puts a smile on your face.

~Daphne Oz

While fad diets might seem like the quick-fix solution to lose weight, they won't help you get healthy in the long run.

~Daphne Oz

My mom is a great cook, and family dinners were a must growing up, even if that meant eating at 10 p.m. when my dad got home from the hospital. It's where we did our family bonding.

~Daphne Oz

We can try to reform healthcare, but the fact is if we don't have a healthy food source, we are only treating the symptoms and not the problems.

~Daphne Oz

The only reason I write at all is because I am going through, and growing through, something in my life I want to share with others through my personal experiences.

~Daphne Oz

I tried every diet under the sun and none of them worked but, more importantly, they were robbing me of my love of food.

~Daphne Oz

Standards are what you hold for yourself, too. If I don't hold those standards with friends, colleagues, and lovers, I can't hold them to their relationships.

~Daphne Oz

More than anything, having adventures with my siblings and spending time with my family and my husband make me happy.

~Daphne Oz

I have been very, very lucky because I have my health, a wonderful husband, family, and friends, and I get to do what I love.

~Daphne Oz

We all have so much access to the information on the Internet and in books, but we don't necessarily get that information in a usable way so that we can turn information into action.

~Daphne Oz

Fun for me is to take what I learn and teach others in a way that is accessible and applicable in their own lives.

~Daphne Oz

I love to look at my life and look at what I can do better, how I can contribute more and where I can push myself.

~Daphne Oz

If I don't get to go to the gym, walking is the answer.

~Daphne Oz

Your life shouldn't be anything short of spectacular.

~Daphne Oz

Keep on moving: any motion is forward motion. You can always course-correct.

~Daphne Oz

Don't get stuck and don't worry.

~Daphne Oz

I get to help people create lives that make them happier and healthier than they were yesterday. I knock on wood that my family is healthy and happy and love each other.

~Daphne Oz

Don't make a different meal for every person, but make buildable meals. And, I do this with my kids, try to expand their palates gently.

~Daphne Oz

This moment is precious and full of great potential: all we have to do is figure out the little changes that will make a huge impact on how wonderful life can be in this moment.

~Daphne Oz

If you live your life all out today, not only is it fun, but you are preventing a midlife crisis.

~Daphne Oz

When I was young and growing up overweight, I believed the "eaten" was more powerful than the "eater," meaning the food was more powerful than I was.

~Daphne Oz

I want to be a vehicle to help people connect the dots that let them make their lives healthier, happier, more beautiful, and more fun.

~Daphne Oz

Growing up in my family, it wasn't important that we always be the best; it was important that we were going to try to be our best and give it our all.

~Daphne Oz

Tell your kids they are perfect the way they are, but they shouldn't stay where they are forever because growing, testing the limits, and evolving make life better and more fulfilling.

~Daphne Oz

We need to demand that our food is labeled, especially genetically modified foods, and learn how it is produced, processed, and grown.

~Daphne Oz

If we make wholesome, healthy food accessible and affordable for everyone, we make the choice to be healthy an easy one.

~Daphne Oz

Keeping stationary drains your brain, but moving around shows you new things, new inspiration, and keeps the blood moving.

~Daphne Oz

I learned that pretending you don't have feelings makes you feel unhappy and unfulfilled and, ultimately, is what really makes you vulnerable because you are hiding from the truth.

~Daphne Oz

I didn't grow up eating meat - I was a vegetarian until I was 18.

~Daphne Oz

A 'diet' is simply an individual's eating regimen: it doesn't have to mean the restrictive plan we've come to associate this word with.

~Daphne Oz

Anyone who knows our family knows this: we eat ALL the time!

~Daphne Oz

Related Links:

- [Healthy Quotes](#)
- [Fun Quotes](#)
- [Growing Up Quotes](#)
- [Kids Quotes](#)
- [College Quotes](#)
- [Long Quotes](#)
- [Husband Quotes](#)
- [People Quotes](#)
- [Mom Quotes](#)
- [Trying Quotes](#)
- [Moving Quotes](#)
- [School Quotes](#)
- [Exercise Quotes](#)
- [Mean Quotes](#)
- [Way Quotes](#)
- [Perfect Quotes](#)
- [Family And Friends Quotes](#)
- [Dad Quotes](#)
- [Needs Quotes](#)
- [Worry Quotes](#)