

Denise Austin

Quotes

Life Is, Feelings, Inspirational, Healthy, Goal, Moving, Want, Attitude, Life Is Too Short, Not Worth It, Bottles, Shapes, Mirrors, Sleep, Hard Work, Positive Attitude, Fabulous, Weather, Building, Giving

Happy people attract other happy people. Show the world your smile, and the world will smile back.

~Denise Austin

Friendship, love, health, energy, enthusiasm, and joy are the things that make life worth living and exploring.

~Denise Austin

If fitness came in a bottle, everyone would have a great body. Skip the quick fixes; hard work is what ensures lasting results!

~Denise Austin

The higher your energy level, the more efficient your body - and vice versa.

~Denise Austin

Make peace with your past - so it won't spoil the present!

~Denise Austin

Success comes from aspiration, desperation, perspiration, and inspiration!

~Denise Austin

Life is pulled by goals and pushed by drive. Make sure you have both!

~Denise Austin

Life is a challenge. Realize that and work, every day, to rise up and meet it.

~Denise Austin

There will be difficulties to face on the way to being successful. You can weather the storms.

~Denise Austin

When you just don't think you can, keep going! Getting through those weak moments is how you become stronger.

~Denise Austin

Happiness and a positive attitude are gifts you can pass along. So get out there and start giving.

~Denise Austin

Unleash your life's potential! Don't hold back on the things you've always wanted to do. Go for it!

~Denise Austin

Don't stop moving - the best time of your life is just around the corner!

~Denise Austin

Burning fat efficiently boils down to one thing - building more muscle!

~Denise Austin

Don't lose sleep over things you cannot change! Wash away guilt - it's not worth it.

~Denise Austin

Your life is not a dress rehearsal - this is it! It's show time!

~Denise Austin

One of a person's greatest emotional needs is to feel appreciated. Start by appreciating yourself.

~Denise Austin

You can - because you believe that you can.

~Denise Austin

Life is too short to waste time harboring bad feelings about anyone. Forgive, forget, then move on!

~Denise Austin

You don't have to do everything; just do what really matters.

~Denise Austin

Be positive about the future. The road ahead will be worth it!

~Denise Austin

Once you get in shape, you'll be amazed at how many other goals you'll want to achieve in your life. Fitness breeds enthusiasm.

~Denise Austin

There is nothing more rewarding than taking care of yourself!

~Denise Austin

Fake it until you make it! When you're feeling bad, get dressed up - soon your inside will catch up with your outside

~Denise Austin

Approach difficult tasks with a positive attitude - you'll inspire others and feel better about what's ahead

~Denise Austin

Nothing can be achieved without hope or confidence. Be sure you always have both!

~Denise Austin

Take perfection and throw it out the window. There's always something you can make better or do differently - strive to IMPROVE, not attain the impossible.

~Denise Austin

When you motivate others to be healthy, you can't help being motivated too.

~Denise Austin

Dare to accomplish the things you've only dreamed about doing. If you can dream it, you can do it.

~Denise Austin

Food is fabulous, and having a good relationship with it will make you healthy and happy.

~Denise Austin

Release yourself from the power you've invested in your mirror and those around you - take control of who you are and how you feel!

~Denise Austin

Your actions become your habits. Don't let yourself make a pattern of slipups or they'll become habits!

~Denise Austin

There is only one person who can ever know exactly what you want and truly make you happy - that person is you!

~Denise Austin

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