

# Jonathan Horton Quotes

*Gymnastics, Sports, Team, Thinking, Long, Morning, College, Jobs, Training,  
People, Successful, Dream, Blessed, Years, Winning, Workout, Sleep, Wells,  
Support, Healthy*

It's not about winning or losing a competition, it's about beating the doubt from within yourself and knowing at the end of each day you are one step closer to your goals.

~Jonathan Horton

A line I like to use is, "Every day is training. Every day of life is a pursuit of perfection."

~Jonathan Horton

Part of being a good gymnast is being very disciplined - you have to know how to train right, eat right, sleep right.

~Jonathan Horton

I'm very disciplined in many aspects of my life, and I think a lot of that has to do with how I was raised and the sport I've been in my whole life.

~Jonathan Horton

I'm able to support my wife and family off of gymnastics. But at the same time I do take it very seriously - it is a job for me.

~Jonathan Horton

Gymnastics is definitely my job, but the great thing about that is I love my job.

~Jonathan Horton

I eat very clean foods, healthy foods and drink a lot of water.

~Jonathan Horton

There is a period of tapering when we're not in the gym quite as long to try to save our bodies, but leading up to the competition we try to keep things similar to the rest of the year.

~Jonathan Horton

I'm on my own, luckily doing well, but like I said, we don't make a ridiculous amount of money and I have to be disciplined with what I do with it.

~Jonathan Horton

It's tough. Gymnastics isn't basketball or football or baseball, where you can get these huge contracts and make a lot of money.

~Jonathan Horton

When I was 22, I finally reached that huge goal. Now I'm going for another one. It's so satisfying. It's something that I worked for for so long, and just to know that I got it feels so great.

~Jonathan Horton

When I was younger, the people making the sacrifice were my parents. It's not a cheap sport. Luckily, I had parents who made a lot of life sacrifices so I could continue in gymnastics.

~Jonathan Horton

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