

Lee Haney

Quotes

*Exercise, Children, Training, Parent, Muscles, Kids, Burning, Real, Fitness,
Goal, Cancer, Mind, Bodybuilding, Growth, Sports, Mean, Heart, Problem,
Focus, Jumping*

When doing your aerobic exercise, go at a comfortable pace until you've developed more stamina.

~Lee Haney

Exercise to stimulate, not to annihilate. The world wasn't formed in a day, and neither were we. Set small goals and build upon them.

~Lee Haney

Rule of thumb: Eat for what you're going to be doing, and not for what you have done. Don't take in more than you're willing to burn off.

~Lee Haney

Parents must lead by example. Don't use the cliché; do as I say and not as I do. We are our children's first and most important role models.

~Lee Haney

I know that God gave me the blessing to use, to bring honor and glory to Him, and to use to impact the lives of people.

~Lee Haney

The muscle and the mind must become one. One without the other is zero

~Lee Haney

The circuit training program along with a healthy clean diet is the way to excellent results.

~Lee Haney

But you can't just sit around the fireplace and sip Cokes and eat pretzels and get an attitude of confidence. You have to put in hard work.

~Lee Haney

Beginning with exercise, the best training program available for real

results is circuit training.

~Lee Haney

PR is extremely important, and being able to use it in the right way means everything. You have to market your success

~Lee Haney

To be physically fit is just a small aspect. You can be a beautiful physical specimen, but you're empty as far as what it takes to be a person, and that shows up real fast

~Lee Haney

The only way to isolate specific back muscles - whether it is upper. or lower back - or make any progress is through the power of the mind-muscle connection.

~Lee Haney

Recent studies have revealed that children 8-10 years old are being diagnosed with Type II diabetes, high cholesterol, and high blood pressure at an alarming rate

~Lee Haney

Stimulate don't Annihilate.

~Lee Haney

When exercising, be sure to focus your attention on what you are doing.

~Lee Haney

When little old ladies recognize a guy who was Mr. Olympia, that's saying something. That means I've been able to cross lines as far as marketability is concerned.

~Lee Haney

Most kids will not volunteer to eat veggies. At times you must step up to the plate and enforce the rule of authority as a parent.

~Lee Haney

A systemic cleansing and detox is definitely the way to go after each holiday. It is the key to fighting high blood pressure, heart disease, cancer, and other health-related illnesses.

~Lee Haney

Enrolling your child in a recreational sport sponsored by your neighborhood recreation community centers is a great way to keep kids active.

~Lee Haney

When your goal is to put on muscle mass you must increase your calorie intake as you increase the activity level being given to the muscle

~Lee Haney

Muscle and water is critical in burning fat.

~Lee Haney

More than ever, we as parents and a nation must do something about the growth of obesity in our children. We must do more than just talk, we must be concerned enough to act.

~Lee Haney

Walking is great to be used as an exercise program.

~Lee Haney

Exercise is one of the best ways in preventing the rapid growth of obesity in America.

~Lee Haney

A lot has been written about the merits and problems with detox but it is definitely worth it overall.

~Lee Haney

Circuit training consists of doing resistant movements combined with an aerobic activity (jogging in place, jump rope, jumping jacks, etc.).

~Lee Haney

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