

# Nick Youngquest Quotes

*Thinking, People, Guy, Yoga, Girl, Nice, Enjoy, Challenges, Awkward, Different,  
Advice, Training, Worry, Important, Community, Eating Well, Would Be,  
Exercise, Males, Shows*

Taking care of yourself is a nice thing to do. It's not seen as just a girl thing anymore. You see a lot more guys at the gym taking care of themselves, and I think it's going to continue to grow.

~Nick Youngquest

I think the most important thing is to feel comfortable. If you don't feel comfortable with what you're wearing it really shows.

~Nick Youngquest

I've been exploring what works for me, and what I enjoy. It's about diet for me as well as training. So finding something you enjoy, making sure it works for you and sticking at it would be my advice.

~Nick Youngquest

If I can find the time to do it, I'll probably become a yoga teacher.

~Nick Youngquest

I think it's not just about how you perform on the field, but how you hold yourself off it.

~Nick Youngquest

I do a lot of yoga. There's more and more guys getting into yoga these days, and I find that helps me as well.

~Nick Youngquest

Taking care of yourself is a nice thing to do. And it's not seen as just a girl thing anymore. You see a lot more guys at the gym taking care of themselves, and I think it's going to continue to grow.

~Nick Youngquest

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