

Richard Simmons

Quotes

*People, Thinking, Children, Exercise, Years, Kids, Workout, Moving, School,
Needs, Fun, Laughing, Trying, Real, Love You, Blessing, Class, Work Out,
Giving, Want*

When the king gets depressed, he doesn't call for his wife. He doesn't call for the cook. He calls for the court jester.

~Richard Simmons

Number one, like yourself. Number two, you have to eat healthy. And number three, you've got to squeeze your buns. That's my formula.

~Richard Simmons

No tricks, gimmicks, special pills, special potions, special equipment. All it takes is desire and will.

~Richard Simmons

I spent my childhood eating. The only exercise I got was trying to twist off the cap of a jar of mayonnaise.

~Richard Simmons

Count your blessings. You are one of a kind. There's no one in the world like you. You are amazing.

~Richard Simmons

No one is perfect... absolutely no one. Like precious stones, we have a few flaws, but why focus on that? Focus on what you like about yourself, and that will bring you happiness and peace.

~Richard Simmons

Energy is that amazing feeling that comes to life inside of you when you're happy and believe in yourself.

~Richard Simmons

I'm a real paradox. Because I'm a very serious person, and I take my work very seriously. But I wrap it up in a court jester and a clown and make people laugh and make them feel good about themselves.

~Richard Simmons

I've always practiced this: Love yourself. Move your body. Watch your portions.

~Richard Simmons

There is no magic milkshake or workout machine. I think the real machine is your body. I do love treadmills, ellipticals, stationary bikes, free weights.

~Richard Simmons

Everyone in this world is somehow connected. So why not just be nice to everybody.

~Richard Simmons

I do consider myself a clown and a court jester, and I do love to make people laugh, whether they're laughing with me or at me.

~Richard Simmons

I don't know about you, but every time some joker points me out as I walk through an airport wearing extra-small Dolfin shorts, a tank top and leg warmers, I get a little upset.

~Richard Simmons

You know, if your parents didn't have you, they'd be living in a nicer home, driving a Mercedes-Benz, with money in the bank and a boat. But nooooo. They had to have you! You've got to give back!

~Richard Simmons

If I have to die, I want to combust in the middle of one of my classes.

~Richard Simmons

Singing is good for the soul. It's the first thing I do every morning, after my blessings and my grace. I put music on and I sing.

~Richard Simmons

It's not nice to make fun of people with issues.

~Richard Simmons

I get energy from meditation practice and from eating healthy fresh food, only one cup of espresso in the morning, and not drinking too much.

~Richard Simmons

You can say anything you want to say about me. But don't you dare address overweight people with terrible names and ugly remarks. That is what upsets me.

~Richard Simmons

Our children are obese, either have or being threatened by diabetes, high blood pressure, high cholesterol, and not socially adjusting properly to others because of a lack of fitness.

~Richard Simmons

There is no such thing as sleep deprivation, there is only caffeine deficiency.

~Richard Simmons

Being successful is something that's sometimes hard to deal with.

~Richard Simmons

Even though my work is whimsical. I have a very serious job. I cry more than I laugh.

~Richard Simmons

Work hard, take care of yourself, and you'll be just fine.

~Richard Simmons

I'm not going to be happy until every child in every school is physically active.

~Richard Simmons

Right now many schools have no recess. Most schools have no PE.

~Richard Simmons

There'll always be some weird thing about eating four grapes before you go to bed, or drinking a special tea, or buying this little bean from El Salvador.

~Richard Simmons

I just strive to do better. Every time I meet somebody, I ask myself, "How can I help this person?"

~Richard Simmons

Every day you eat is every day you have to work out.

~Richard Simmons

I'm the clown you take out of the box and wind up when you need a good laugh. And then, when you're done with me, I go back in my box.

~Richard Simmons

Stop trying to find something in food that will make you feel better.

~Richard Simmons

I hope in my lifetime we can all continue to laugh at ourselves and not put down anyone for what they weigh.

~Richard Simmons

My way is the sensitive, emotional way, because that's who I am. A day doesn't go by where I don't sit and cry, listening to the stories. I try to be the clown and court jester and make people laugh.

~Richard Simmons

My nickname is Dickie Jukebox. I own thousands and thousands and

thousands of songs.

~Richard Simmons

The real pride, the real present, is your health and your longevity.

~Richard Simmons

One day I may be meeting you and hearing how you've changed your life by saying, "Farewell to Fat".

~Richard Simmons

I've been going to shopping malls since I was on General Hospital.

~Richard Simmons

When I go to bed at night, I ask God to give me another day; I ask him to keep me strong and make me a good teacher and to keep spreading this right word.

~Richard Simmons

I've never lived in the visual world. I live very much in an emotional-contact world.

~Richard Simmons

A kid who moves is a kid who learns.

~Richard Simmons

If I don't take care of myself, if I don't feel good about myself, how can I help others?

~Richard Simmons

I never say anything negative about anyone, because that won't get you anywhere.

~Richard Simmons

I am kinder to my body. I don't try to prove anything to myself or others.

I keep thinking about the need to go slower, gentler and maintain a sense of humor about it all.

~Richard Simmons

People are still grasping for the miracle, and unfortunately, there are no miracles, if you do not exercise for a year, and let your body remain dormant, then you will gain weight.

~Richard Simmons

My life is just a never-ending work in progress.

~Richard Simmons

Puberty for me was graduating from Thousand Island salad dressing to Caesar salads. It was like going from hot dogs and hamburgers to beef stroganoff, or from ice cream in a cone to creme brulee.

~Richard Simmons

When I lost my weight, I went and bought about 15 different types of underwear to see what would look good on my new body. It's exciting!

~Richard Simmons

The real pride, the real present, is your health and your longevity. My whole career, I have never done anything where competition was involved with weight loss.

~Richard Simmons

I sort of think of myself as part priest, part clown.

~Richard Simmons

People spend thousands in therapy digging and digging in the past. When you dig and dig, you find relics. Try to forgive yourself and get back on that ride.

~Richard Simmons

Take a moment every day to find peace. Pull over to the side of the road, turn off the radio, and find peace.

~Richard Simmons

I'm like a stuffed toy. You've never met me, but if you did, you'd just want to take me home and put me in your child's room.

~Richard Simmons

I give people permission to be kids again.

~Richard Simmons

I don't have a lot to offer one person. I have a lot to offer to a lot of people.

~Richard Simmons

I consider myself a court jester - motivator.

~Richard Simmons

Its an eerie thing. My childhood is being washed away.

~Richard Simmons

Everyone's under pressure and you just have to learn how to deal with it. And I deal with it through prayer and staying busy.

~Richard Simmons

When we're binging, we do not think about death. We just think about how good it tastes.

~Richard Simmons

If you don't love your mother you go straight to hell.

~Richard Simmons

If I've got the right songs, I can weave a spell over everyone.

~Richard Simmons

I took desperate measures to lose weight and did terrible things to myself. I went from diet pills to thirty laxatives a day to throwing up.

~Richard Simmons

For 40 years, my formula has been to love yourself, move your body and to watch portion size. But the No. 1 thing is to love and value yourself, no matter what you've been through.

~Richard Simmons

If your oxygen mask drops down, it's time to take a breather!

~Richard Simmons

When I go to bed, I ask God to give me one more day tomorrow. When I get it, I'm excited and grateful.

~Richard Simmons

It's terrible, the way obese children and adults are treated in this country [USA]. And I'm not leaving this Earth until that is changed.

~Richard Simmons

I have 40 pounds to lose. It is not the fault of the fast food people, and anyone who's trying to sue the fast food places needs a therapist, not an attorney.

~Richard Simmons

All of a sudden, I'm thinking that if I keep eating the way I'm eating, I'm not going to live long and I'm going to die. Having those thoughts as a young person can be very haunting.

~Richard Simmons

My parents always told me to be myself. I was always funny and silly as a kid. And I would always make them laugh. And they always told me to dream big and follow those dreams.

~Richard Simmons

I plan for the future, but the only day I really worry about is the day I'm living right now.

~Richard Simmons

I was always into staying busy, into my goals, into making notes and planning. I'm not one who truly lives in the past.

~Richard Simmons

For many years, my formula has been to love yourself, move your body and to watch portion size. But the No. 1 thing is to love and value yourself, no matter what you've been through.

~Richard Simmons

I just love what I do, and I'm a teacher more than anything.

~Richard Simmons

I really created my career out of my own compulsion. Because I knew if I owned an exercise studio and I had to teach my classes there, I wasn't going to gain my weight back.

~Richard Simmons

I just want people to get off the back burner of their life and start to take better care of themselves and their children.

~Richard Simmons

I've been offered big money to promote machines. And high-protein diets, when that was really popular. There was always some new powder or diet plan that somebody wanted to put my name on.

~Richard Simmons

Everything I did with my life I did so that I could give my parents everything they didn't have because of me.

~Richard Simmons

I have a one of a kind collection of dolls. My house is like a museum.

~Richard Simmons

Most workouts are way too aggressive. Thousands of lunges wear out the body. It's not healthy for the one with the bad back, bad knees, diabetes. I'm never going to do that.

~Richard Simmons

This is my theater. This is where I can sing and act out a play and do sit-ups at the same time

~Richard Simmons

I do not want any child in America to have my childhood because it was taken away from me because I just wasn't good enough; well I am good enough now.

~Richard Simmons

No one can make fun of overweight people in front of me!

~Richard Simmons

People treat me like family, 'cause I've always treated them like family.

~Richard Simmons

If people confront me with certain questions, if they are not right, I will not answer them.

~Richard Simmons

I get tired of negativity in our country. I get tired of people who only want to know dirt. I get tired of people who don't believe in themselves.

~Richard Simmons

Most workouts are way too aggressive. Thousands of lunges wear out the body.

~Richard Simmons

My persona has always been what a man was never supposed to be. Outrageous, gregarious, crazy, silly, funny.

~Richard Simmons

We're all in trouble, and we all need to sort of pick up the pieces and start to exercise more and really be careful with the food.

~Richard Simmons

Well mine is not gimmicky - it is the 6 food groups that God made, and exercising every day. Trying to think positively.

~Richard Simmons

Yeah, but I do call them back and follow up. Most people talk at overweight people, I talk with them.

~Richard Simmons

I put a spell on people so they don't know they're working out... An enchanting spell, where they just don't think about it, or over think it, and then at the end they go, 'Wow, I feel good.'

~Richard Simmons

I suffered from eating disorders when I was just a kid. I did not like me or the way I looked. But back then, you could not tell anyone.

~Richard Simmons

I started my own class for people like me who can't find any place else to go.

~Richard Simmons

I have rules about eating, exercising and rules about staying positive. And these rules are sacred to me.

~Richard Simmons

Everyone has a story that makes me stronger. I know that the work I do

is important and I enjoy it, but it is nice to hear the feedback of what we do to inspire others.

~Richard Simmons

Every morning when I get up, I ask God what he wants me to do, ask him to lead me to the right people to help them.

~Richard Simmons

For my workout, I'm up at 4 A.M. I say my prayers, count my blessings, and I work out right away. I just get it done.

~Richard Simmons

I don't have to teach anymore, I don't have to work anymore, God has been really good to me.

~Richard Simmons

You shouldn't make fun of people who have issues.

~Richard Simmons

I don't talk about my personal life, and I don't talk about death.

~Richard Simmons

I have loved deeply. I have lost intensely. I will never love again. I get that love by people who care for me.

~Richard Simmons

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