

# Theo Rossi Quotes

*People, Years, Want, Moments, Looks, Dream, Body, Girl, Different, New York,  
Football, Dog, Son, World, Wish, Labs, Bikers, Running, Team, Wake Up*

Be relentless in pursuing your happiness.

~Theo Rossi

I've always had a massive fascination with the modern day cowboys. Modern day outlaws or going against the system, and that's always been very intriguing to me.

~Theo Rossi

As you get older, you see how rapidly the years and decades fly by, so I would encourage anyone, no matter the age, to seize their life and be fully present.

~Theo Rossi

It's not impressive to get in a fight, but if one does happen, you've gotta be ready to handle it. Every girl, not just biker chicks, knows what kind of guy can.

~Theo Rossi

Scars show toughness: that you've been through it, and you're still standing.

~Theo Rossi

I believe that a healthy lifestyle isn't just a regular exercise routine or your eating habits, but a synergy of a healthy mind and body.

~Theo Rossi

Being from Staten Island and Brooklyn, I'm used to eating pasta and meatballs every single day.

~Theo Rossi

Biker chicks want the bad boy.

~Theo Rossi

I encourage people to pick up small habits like taking a walk after

meals... we've become way too sedentary. Just move!

~Theo Rossi

I have no interest in putting stuff in my body that's made in a lab.

~Theo Rossi

I jog at the Rose Bowl, and I collect antique and vintage furniture, so I'm there every few weeks for the flea market.

~Theo Rossi

I want to experience as much as I can in this very short life that we have.

~Theo Rossi

I try not to eat processed foods, well, ever. If it comes from a lab or a factory, I don't want it.

~Theo Rossi

'Sons of Anarchy' is always murky.

~Theo Rossi

The first year of the Boot Ride was an amazing experience. Seeing people come out from all over, ride and, most importantly, put on their boots, was an inspiration.

~Theo Rossi

My stepfather and my mother, I love them to death.

~Theo Rossi

Sports was my entire life as long as I can remember.

~Theo Rossi

Doubt is probably the biggest obstacle to overcome. Once you rise above doubt, you are on your way to success.

~Theo Rossi

The people I respect in the history of acting, from the beginning, were chameleons.

~Theo Rossi

When I first met with Kurt [Sutter], it was one of those moments where you feel everything is happening for a reason.

~Theo Rossi

Savor every moment and go after your dreams.

~Theo Rossi

Basically, the way you get into any role is just doing research on the type of character you're playing.

~Theo Rossi

Movement is vital. Whether it's running, cross training, hiking with the dogs, or walking the streets of New York, I am constantly active.

~Theo Rossi

I wish everyone could wake up with a birdie on your shoulder, reminding them that this could be your last day.

~Theo Rossi

My mom is the best. She's so nuts.

~Theo Rossi

I've worked on 30-something different TV shows, and most of the people can't stand each other.

~Theo Rossi

To fuel my body, I am relentless about never eating anything that isn't of this Earth.

~Theo Rossi

If you look at someone like Kim Coates, you realize that he's been in everything.

~Theo Rossi

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