

Tony Horton Quotes

*People, House, Can Do, Discipline, Focus, Running, Junk, Pain, Body, Heart,
Ideas, Willing, Self, Present Moment, Forget, Want, Long, Moments, Aging,
Bananas*

Rome wasn't built in a day. And neither was your body.

~Tony Horton

Hamburger bad fries bad, coca-cola bad! There I said it. Drink your water people.

~Tony Horton

Do NOT say you "can't"! You can say, "I don't want to". You can say, "I'm not willing to put forth the effort". But DO NOT say you CAN'T!

~Tony Horton

Exercise for the joy of feeling good and getting better. Eat right with the intention of fueling your body with the things it needs to perform.

~Tony Horton

Aging is for people who don't know any better.

~Tony Horton

Don't say "I can't," say "I presently struggle with."

~Tony Horton

THE JOY OF DISCIPLINE OR THE PAIN OF REGRET, WHICH WILL IT BE TODAY?

~Tony Horton

You can get better, or you can get all gooey, and crotchety, old, pathetic, icky, gross. Not me. Not into it.

~Tony Horton

Excuses are a list of self imposed obstacles that prevent you from having a better life.

~Tony Horton

I can do things at 45, not because I can do a bunch of pull-ups, it's because I do Yoga!

~Tony Horton

Falling and getting back up is what brings you success.

~Tony Horton

The health care problem is not solved in the white house, its solved in YOUR HOUSE

~Tony Horton

Eliminate the mindset of can't! Because you can do anything!

~Tony Horton

If you're doing Plyometrics you can jump higher and run faster and your heart and lungs are going to kick the panties off of anybody else that tries to get out there without it.

~Tony Horton

Don't put Banana and Hammock in the same sentence

~Tony Horton

You can do anything for 30 seconds

~Tony Horton

Tip of the day- Don't smash your face!

~Tony Horton

All I ask is that you do your best, and forget the rest.

~Tony Horton

Focus on the present moment. Stay in the moment.

~Tony Horton

Don't let your ego get in the way of your success.

~Tony Horton

Turn off your mind, and focus on what you've got to do - task at hand.

~Tony Horton

You don't get off easy, you just get to finish faster!

~Tony Horton

The hammer doesn't build the house.

~Tony Horton

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