

# Tracy Anderson Quotes

*Thinking, Workout, Dancer, People, Body, Two, Athlete, Light, Fans, Ballet,  
Eating, Mom, Hate, Cupcakes, Dedicated, Moving, Quality, Lifts, Work Out, Use*

There is no quick easy way to the body you want... commit yourself now to your workout and get started.

~Tracy Anderson

If you want a dancer's body, dance. Dance aerobics is my favourite cardio. It's very frustrating if people think you have to become a dancer to do it - you don't.

~Tracy Anderson

No woman should ever lift more than 3lbs

~Tracy Anderson

You need to be dedicated to your workout, whatever you choose.

~Tracy Anderson

I tell people to be thankful that Madonna is showing that it's possible to be ageless - people should applaud and celebrate that. Anybody who criticises her is just jealous!

~Tracy Anderson

I really wanted to make it as a ballet dancer to make my mom proud. But it didnt happen.

~Tracy Anderson

Juice fasting destroys your metabolic rate. I see a lot of women who are like, "Oh, I lost seven pounds and then I gained 10." That's not what detoxification is about.

~Tracy Anderson

All my clients eat. Madonna has a very healthy appetite. She doesn't eat processed food, she's very conscious of the quality of the things she eats but she has treats - she loves cupcakes.

~Tracy Anderson

I heard a lot in school, 'You've got a really great talent, but there's no way you're going to be a dancer with that body.

~Tracy Anderson

I hate diets and I love eating.

~Tracy Anderson

When you feel your best, you're more confident in bed. It's not lights-out, under-the-covers sex. It's more like, "Take a look at this!"

~Tracy Anderson

A lot of women use pregnancy as an excuse to let their bodies go, and that's the worst thing.

~Tracy Anderson

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