

Love Warrior Fitness Manifesto

I learned a long time ago that excellent fitness begins with the first step. Use my Love Warrior Fitness Manifesto as a guide into a better body & a healthier life. You deserve to experience life to its fullest potential. Start making healthy choices today! I believe in YOU. ♡ Stephanie (AKA Love Warrior)

- Your body deserves to be treated like a temple – with consistent nourishment, peaceful movements & honorable intentions.
- Exercise makes almost everything in your body work better.
- Exercise, when it's done right, should make you feel good.
- Consistent, moderate exercise is better than inconsistent, vigorous exercise.
- It's never too soon to think about how your body is going to age and what you can do about it.
- It's never too late to get more fit.
- Increasing muscle mass will improve your resting metabolism.
- A little exercise is better than no exercise.
- A little more exercise is better than a little less exercise.
- Every human body is different. Your mileage may vary. Your personalized fitness plan should work for you.
- You don't have to run marathons, or be a bodybuilder or performance athlete to be fit.
- Time is your most precious resource.
- Fitness is a choice you make every day.
- Fitness is a gift you give to yourself, and the benefits extend to those you love.
- Investing in your fitness pays dividends in every other dimension of your life.
- A well-rounded fitness program includes Strength, Endurance, Balance and Flexibility.
- Building vitality with healthful daily habits is purest form of respect for your body.
- You can do anything you set your mind to. Believe in yourself and you will see your potential!