

45 REASONS TO GET HEALTHY

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1. I want to feel good.
2. I want to smile when I look in the mirror.
3. Because beauty starts on the inside.
4. I want to prevent disease.
5. I want a strong heart.
6. Healthy is sexy.
7. I want to be a good example to my family and friends.
8. I have goals I want to reach.
9. Staying healthy is cheaper than being sick.
10. I'm ready to [do a 180](#) and lose the fat forever.
11. I want lean, strong muscles.
12. It's the only place I have to live.
13. I want strong bones.
14. I want to stay active.
15. I want to maintain a healthy weight.
16. I made a commitment to myself.
17. I want to feel good in my clothes.
18. I am not a quitter.
19. I have a long bucket list to accomplish.
20. I want a healthy brain.
21. I want good eating habits.
22. Life is worth living.
23. Because I am in charge of my life.
24. I want to wear my skinny jeans.
25. Because not working out isn't working out for me.
26. I want to reduce the risk of Alzheimer's and other dementia.
27. If you rest, you rust.
28. I want to [keep my blood pressure low](#).
29. I want to travel.
30. Because [vitamins](#) are better than medication.
31. I know healthy is the right thing to do.
32. Eating healthy and controlling my weight prevents diabetes.
33. I want to dance at my grandchild's wedding.
34. I want to [live a long and healthy life](#).
35. I want to feel happy.
36. Because I'm worth it.
37. I want to breathe easy.
38. I want [healthy, glowing skin](#).
39. I want my family to be proud of me.
40. I want to add years to my life.
41. Because I am stronger than my excuses.
42. Because mom would be proud.
43. I want more energy.
44. I want healthy lungs.
45. Because I can.