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**Motivational Messages**

For those of us that work in the field of fitness, finding ways to motivate clients is key. One of the simple ways to do that is by sending them motivational messages.

It’s easy to judge the mood of your client during a training session and when things don’t go as well as they perhaps would have liked, just texting them some words of motivation can go a long way at the end of the day.

And yes your clients don’t only have to approach fitness from a physical standpoint but from a mental aspect as well. And you should help them in that regard because, more often than not, sometimes the body is more than willing but the mind holds us back.

 It’s for that reason that I have compiled this resource of motivational messages that you can use to help inspire your clients when they need it most. These quotes are a great reminder to them that all the hard work will pay off and that if they stay on track, they will meet their goals.

When you do make use of these quotes, make sure you include a few of your own words just to apply a personal touch. Note, not all these quotes are exercise specific but can be used in that manner.

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 “Action is the foundational key to all success.” **Pablo Picasso, artist**

“A champion is someone who gets up when they can’t.” **Jack Dempsey, boxing champion**

 “What hurts today makes you stronger tomorrow.” **Jay Cutler, pro bodybuilder**

 “Success is walking from failure to failure with no loss of enthusiasm.” **Winston Churchill, UK prime minister**

“Things work out best for those who make the best of how things work out.” **John Wooden, basketball player and coach**

“You have to think it before you can do it. The mind is what makes it all possible.” **Kai Green, pro bodybuilder**

“If something stands between you and your success, move it. Never be denied.” **Dwayne “The Rock” Johnson**

“No matter how slow you go, you are still lapping everybody on the couch.” **Unknown**

“Whether you think you can, or you think you can’t, you’re right.” **Henry Ford, founder of the Ford Motor Company**

“The clock is ticking. Are you becoming the person you want to be?” **Greg Plitt, fitness model**

“The only bad workout is the one that didn’t happen.” **Anonymous**

“When it comes to health and well-being, regular exercise is about as close to a magic potion as you can get.” **Thich Nhat Hanh, zen master**

 “Once you are doing exercise regularly, the hardest thing is to stop it.” **Erin Gray, actress**

 “A one-hour workout is 4% of your day. No excuses.” **Anonymous**

“Motivation is what gets you started. Habit is what keeps you going.” **Jim Ryun, politician and Olympic athlete**

“Exercise is king. Nutrition is queen. Put them together and you’ve got a kingdom.” **Jack Lalanne, American fitness pioneer**

“I hate every minute of training. But i said, don’t quit. Suffer now and live the rest of your life as a champion” **Muhammad Ali, boxing champion**

“The pain you feel today is the strength you feel tomorrow!” **Arnold Schwarzenegger, actor, Mr Universe.**

“If it doesn’t challenge you, it won’t change you.” **Fred Devito, film director**

“Train hard, turn up, run your best and the rest will take care of itself.” **Usain Bolt, multiple Olympic champion**

“Unless you puke, faint or die, keep going” **Jillian Michaels, fitness instructor**

“No pain, no gain, just train” **Anonymous**

“Definition of a really good workout: when you hate doing it, but you love finishing it.” **Anonymous**

“Today I will do what others won’t, so tomorrow I can accomplish what others can’t.” **Jerry Rice, American football player**

“Do something today that your future self will thank you for.” **Unknown**

“You miss 100% of the shots you don’t take.” **Wayne Gretzky, ice-hockey legend**

“The difference between the impossible and the possible lies in a person’s determination.” **Tommy Lasorda, legendary baseball player, manager and coach**

“We cannot start over. But we can begin now and make a new ending.” **Zig Ziglar, motivational speaker**

“All great achievements require time.” **Maya Angelou, poet and civil rights activist**

“Strive for progress, not perfection.” **Unknown**

“Just believe in yourself. Even if you don’t pretend that you do and, and some point, you will.” **Venus Williams**

 “It’s going to be a journey. It’s not a sprint to get in shape.” **Kerri Walsh Jennings, beach volleyball Olympic gold medal winner**

 “When you feel like quitting, think about why you started.” **Unknown**

Don’t count the days, make the days count.” **Muhammad Ali**

**References:**

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