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My body's ability to adapt amazes me. When I do my part, my body responds accordingly.

My health and strength are increasing each day. I understand the value of health and take my health seriously. When I make my health a priority, I experience positive changes in my body.

I know that my health begins with my nutrition. I can only expect the best from my body if I feed it healthy foods and eat in moderation. I choose foods that provide my body with the fuel and nutrients it requires to be at its best.

I avoid overeating and maintain a healthy bodyweight.

I know how much sleep my body requires and I ensure that it receives all the rest it needs each night.

I find time to relax and minimize the wear and tear on my body.

I exercise regularly to ensure my body is strong and fit. Exercise is an important part of my life, and I know my body craves it.

Exercise keeps me feeling young, fit, and healthy. I make time each day for at least 30 minutes of exercise.

Today, I am committing to my health. My body is getting stronger and healthier each day. I trust my body to make the positive changes necessary for optimal health.

Self-Reflection Questions:

1. What are three positive changes I can make to my diet?
2. What is my current exercise routine? Is it sufficient to meet my goals?
3. Do I have the body I desire? If not, why?