



FREESTYLE #WALKINGCHALLENGE



AN EARLY MORNING WALK IS A BLESSING FOR THE WHOLE DAY.
– HENRY DAVID THOREAU

THERE ARE NO LIMITS. THERE ARE ONLY PLATEAUS; AND YOU MUST
NOT STAY THERE, YOU MUST GO BEYOND THEM.
– BRUCE LEE

THERE ARE PLENTY OF DIFFICULT OBSTACLES IN YOUR PATH. DON'T
ALLOW YOURSELF TO BECOME ONE OF THEM.
– RALPH MARSTON

STRENGTH DOES NOT COME FROM PHYSICAL CAPACITY.
IT COMES FROM AN INDOMITABLE WILL.
– MAHATMA GANDHI

THE SECRET OF GETTING AHEAD IS GETTING STARTED.
– MARK TWAIN

IT IS A SHAME FOR A MAN TO GROW OLD WITHOUT SEEING THE
BEAUTY AND STRENGTH OF WHICH HIS BODY IS CAPABLE.
– SOCRATES

EXERCISE TO STIMULATE, NOT TO ANNIHILATE. THE WORLD WASN'T
FORMED IN A DAY, AND NEITHER WERE WE. SET SMALL GOALS
AND BUILD UPON THEM.
– LEE HANEY