

# I WORKOUT...

TO FEEL GOOD.

TO BE STRONG.

TO BE TIGHTER. TO STAND TALLER.

**BECAUSE I WANT TO.**

TO BE HEALTHY.

TO EMBRACE HOW HOT, SEXY, CONFIDENT,  
POWERFUL, & FABULOUS I AM.

**FOR MY MIND. FOR MY SOUL. FOR MY BODY.**

**FOR MYSELF.**

TO LOOK GOOD. TO SET AN EXAMPLE.

TO ROCK THAT BIKINI.

TO PROVE TO MYSELF THAT I CAN DO  
**ANYTHING.**

BECAUSE I DESERVE IT.

BECAUSE I CARE.

BECAUSE I COME FIRST.

**BECAUSE I LOVE MYSELF.**

**BECAUSE THAT'S WHAT I DO.**

**BECAUSE I CAN.**