

20 Affirmations to Stay Fit and Healthy



<http://prcvir.com/blog/20-affirmations-to-stay-fit-and-healthy/>

20 Affirmations to Stay Fit and Healthy

More often than not, losing weight can be a challenged. There are many dos and don'ts to consider. Help your mind ease in shifting into a fit and healthy way of life through this collection of affirmations.

Choose three or five that resounds greatly for you. Make it personal and include it in your daily routine. It can be posted in your reminders as well to be visible for you.

1. My mind is full of gratitude for my lovely & wonderful life.
2. I am vigorous, energetic and full of vitality.
3. I am health conscious.
4. I look after myself properly.
5. I give my body unconditional love
6. I give thanks for my radiant health and happiness.
7. I am choosing my food wisely.
8. I am happy spending time in nature.
9. I am doing creative activities.
10. I am doing some relaxing activities.
11. I am positive energy.
12. My choices and possibilities are expanding every day.
13. I choose love in every moment.
14. I respect myself.
15. I know that my opinion and voice matter.
16. I am adventurous.
17. I have a healthy heart and a strong set of lungs.
18. I stay dedicated doing some exercise.
19. I stop eating before I feel uncomfortable
20. I get rid of some toxins in my body.

