



Affirmations: My Body Wants To Be Lean And Healthy

Affirmations:

My body wants to be lean and healthy

My health and fitness are important to me.

I am losing any excess fat that is stored on my body. My body desires to be in a lean condition. I eat in a healthy manner that supports fitness and rejects body fat.

I am becoming leaner and healthier each day.

I enjoy exercising. I know that exercise is necessary to be lean and healthy. Plus, my body craves exercise. I feel better physically and psychologically when I exercise.

I feel vibrant and healthy after a good workout. Many people struggle to make exercise a habit, but it is easy for me. I love to exercise.

I am driven to make healthy choices. I realize that each decision I make can influence my health. I make the healthiest choice as often as I possibly can.

Being healthy is a lifestyle for me. I choose to be healthy each day.

Today, I am making the right choices to become leaner and healthier. I am eating a healthy diet and exercising today. My body wants to be lean and healthy and I am doing all I can to make that possible.

Self-Reflection Questions:

1. What would I gain by being leaner and healthier?
2. What is currently stopping me from being as fit and healthy as I want to be?
3. What are a few things I can easily change in my life to strengthen my health and physical fitness?