

# Affirmations for Physical Health

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**MY BODY IS STRONG AND  
POWERFUL.**

**I FEEL HEALTHIER EVERY DAY.**

**I DESERVE TO BE HEALTHY AND  
HAPPY.**

**WHEN I EXERCISE, I FEEL GOOD.**

**I AM CAPABLE OF ACHIEVING MY  
PHYSICAL FITNESS GOALS.**

**I AM STRONGER THAN MY  
EXCUSES.**

**I AM NOT TOO BUSY TO GO TO  
WORKOUT.**

*@guerra\_athletics*