



Today I will...
Love myself enough to move



<http://AHealthyKitchen.com>



Today I will...
Breathe deep... Breathe long... Breathe love



<http://AHealthyKitchen.com>



Today I will...
Walk



<http://AHealthyKitchen.com>



Today I will...
Build muscle to burn fat



<http://AHealthyKitchen.com>



Today I will...
Move my body more than I did yesterday



<http://AHealthyKitchen.com>



Today I will...
Park further from the door



<http://AHealthyKitchen.com>



Today I will...
Push myself enough to sweat



<http://AHealthyKitchen.com>



Today I will..
Take the stairs



<http://AHealthyKitchen.com>