‘Caring for the mind is as important and crucial as caring for the body. In fact one cannot be healthy without the other.’ Sid Garza Hillman

By being yourself, you put something wonderful in the world that was not there before -

Edwin Elliott

Embrace and love your body, it is the most amazing thing you will ever know.

Anon.

‘Calm minds bring inner strength and self-confidence so that’s very good for mental health.’

Dalai Lama

‘Love yourself enough to live a healthy lifestyle’

Jules Robson

The biggest challenge of life is being yourself in a world that is trying to make you like everyone else.

Anon

‘A healthy outside starts from the inside.’

Robert Urich

‘I believe that the greatest gift you can give your family and the world is a healthy you.’

Joyce Meyer

Healthy - Inside and Out quotes