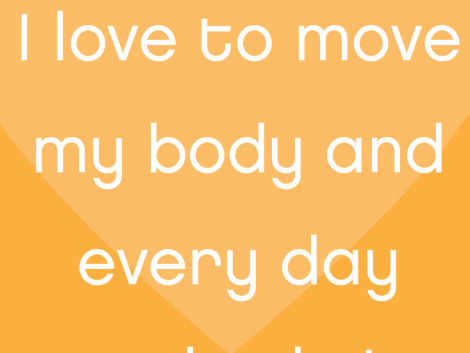


Affirmation Fitness Printables

I am
choosing
to move my
body and
exercise



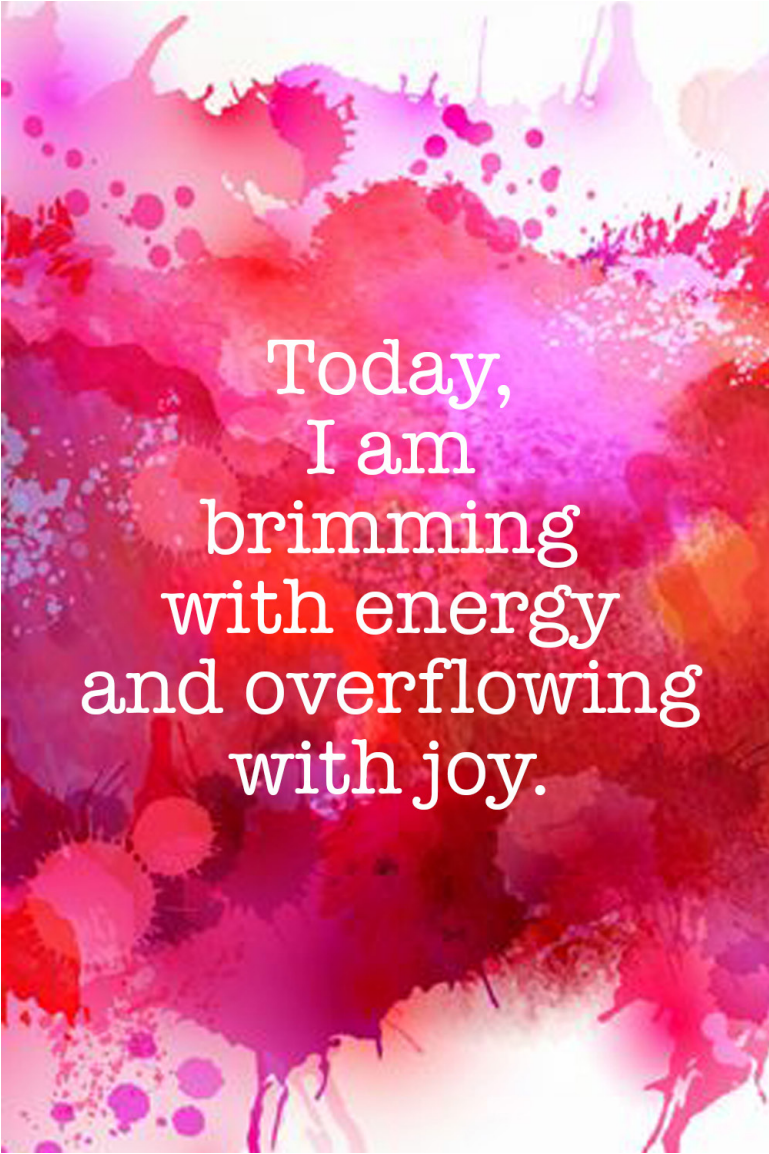
My body
is peaceful,
healthy
and happy
and
so am I.



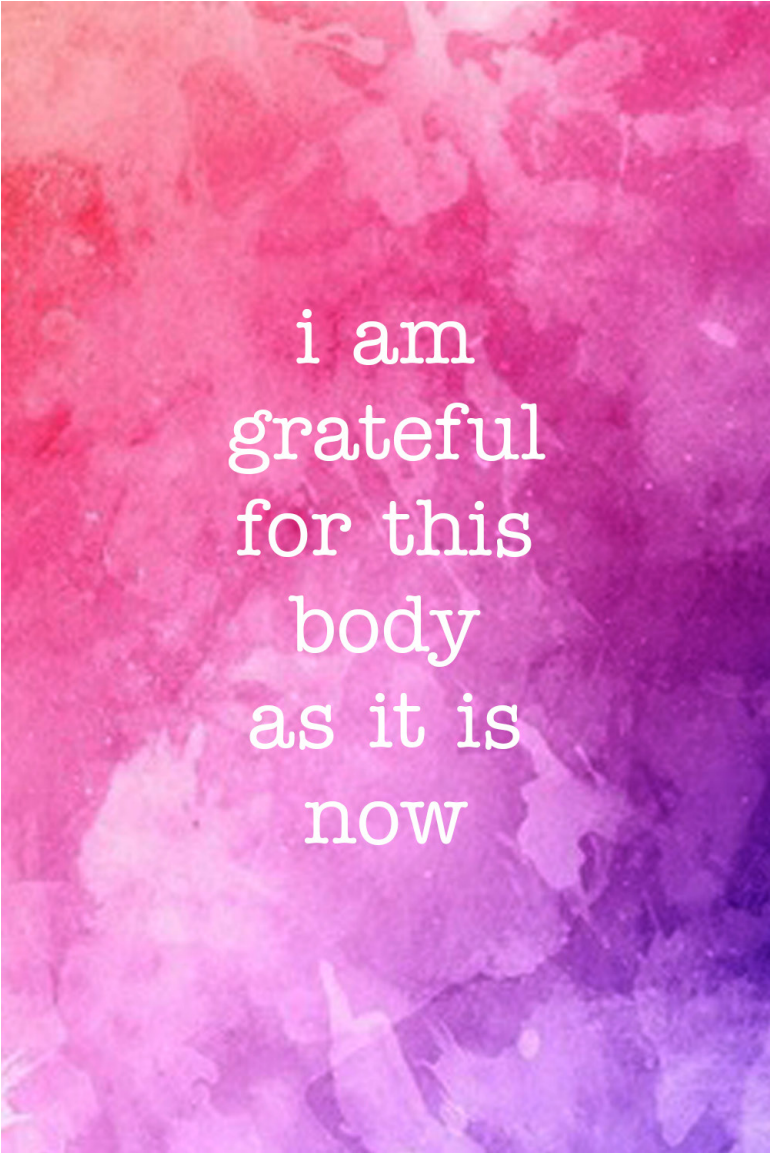
I love to move
my body and
every day
my body is
becoming
stronger and
stronger.

**I am
LOVING
my strong,
healthy
body**





Today,
I am
brimming
with energy
and overflowing
with joy.



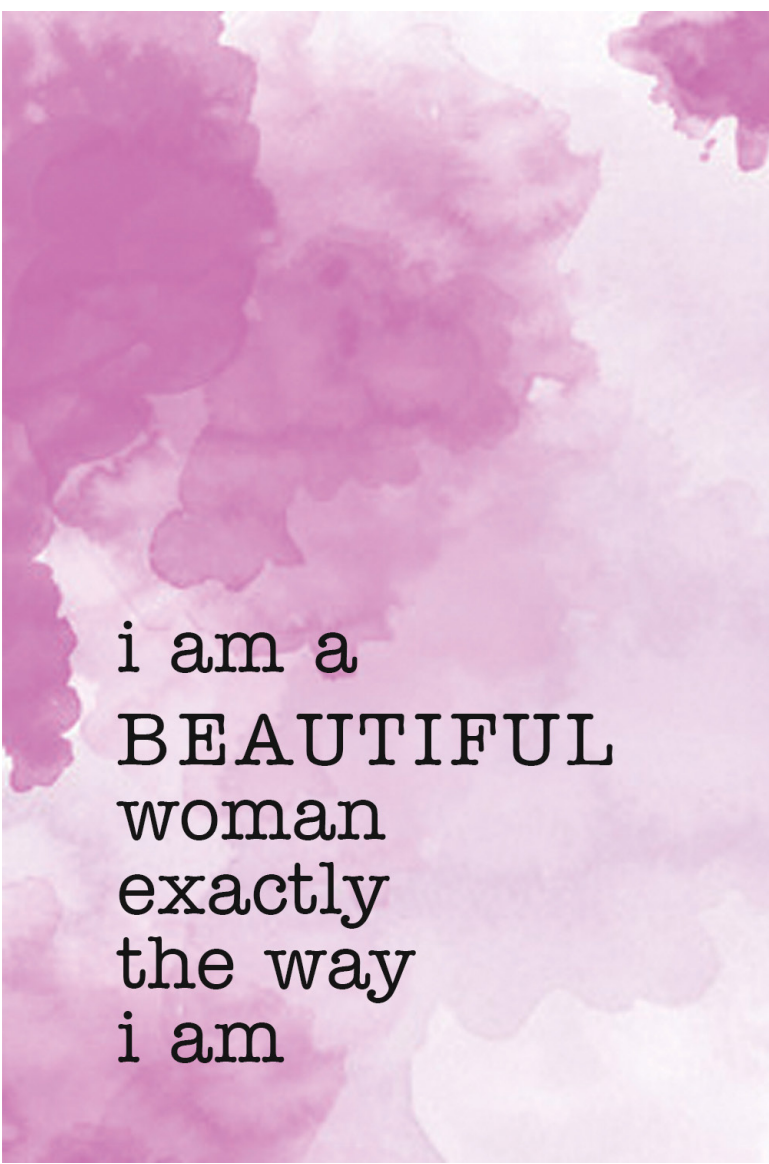
i am
grateful
for this
body
as it is
now

A vertical rectangular panel with a watercolor-style background. The colors transition from a deep blue on the left to a lighter teal and green on the right.

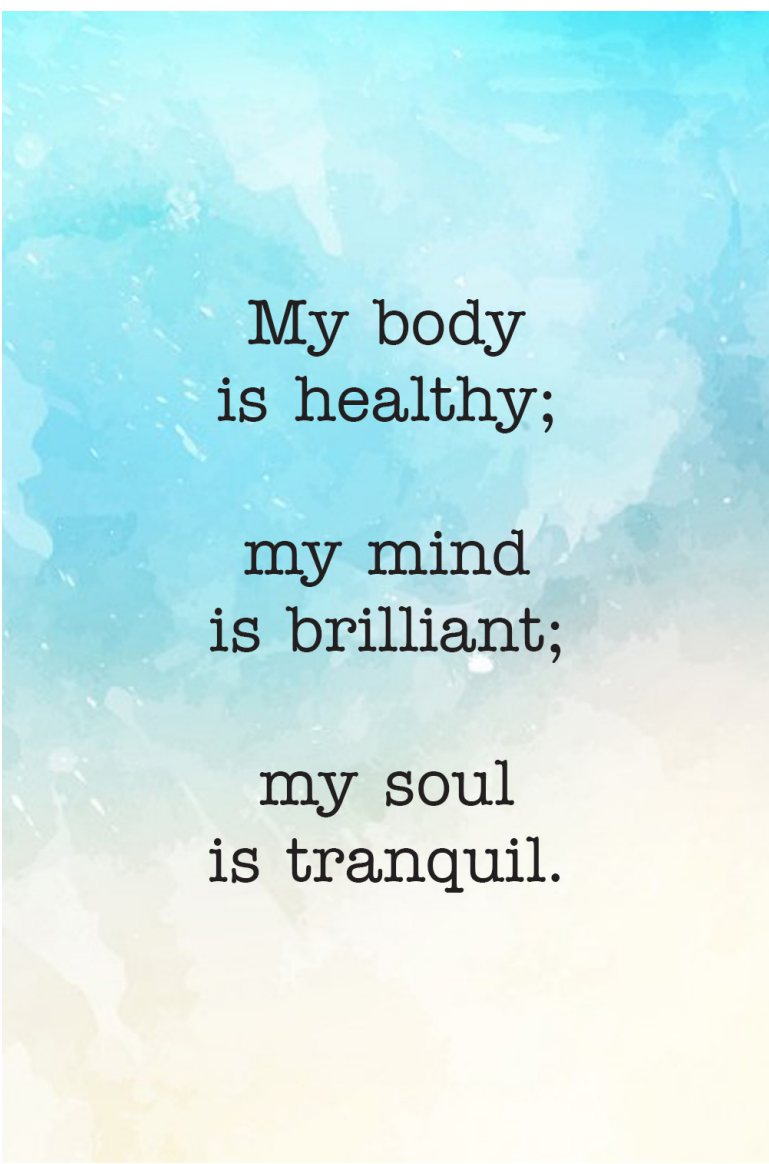
i am committed to balance

A vertical rectangular panel with a watercolor-style background. The colors transition from a bright yellow on the left to a deep orange and red on the right.

my body has remarkable
healing abilities
my body is healing right now

A vertical rectangular card with a soft, pink watercolor background. The text is centered and reads:

i am a
BEAUTIFUL
woman
exactly
the way
i am

A vertical rectangular card with a watercolor background transitioning from light blue at the top to a pale yellow at the bottom. The text is centered and reads:

My body
is healthy;

my mind
is brilliant;

my soul
is tranquil.



It is OK
to LOVE myself
exactly the way I am
right now



I am choosing to eat
nutritious, healthy foods