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Fitness needs love, passion, guts and glory. But sometimes, the road to fitness involves plateaus, injuries and reversed results. To pick you up from those moments of doubt, here are our favourite inspiring fitness quotes.

“A fit, healthy body—that is the best fashion statement”


? Jess C. Scott

“The reason fat men are good natured is they can neither fight nor run.”

? Theodore Roosevelt

“I could feel my anger dissipating as the miles went by--you can't run and stay mad!”

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