

QUOTES USED IN 'POWER PLAY – THE SUPER U FITNESS WAY'

CHAPTER 1

- ***“Remember to celebrate milestones as you prepare for the road ahead.”***
– Nelson Mandela
(former president of South Africa)
- ***“It’s hard to beat a person who never gives up.”***
– Babe Ruth
(former American profession baseball player)
- ***“If you want something you’ve never had, you have to do something you’ve never done.”***
– Thomas Jefferson
(third United States president)
- ***“Success is not final, failure is not fatal: it is the courage to continue that counts.”***
– Winston Churchill
(former prime minister of the United Kingdom)
- ***“Be the change you want to see in the world.”***
– Mahatma Ghandi
(Indian inspirational leader)
- ***“Knowing is not enough. We must apply. Willing is not enough. We must do.”***
– Bruce Lee
(actor, philosopher, martial arts expert)

CHAPTER 2

- ***“Nothing is hard if you break it down into small jobs.”***
– Henry Ford
(American business magnate)
- ***“For me, exercise is therapeutic.”***
– Michelle Obama
(former first lady of the United States)

- **“You don’t have to be great to start, but you have to start to be great”**
– Zig Ziglar
(author, motivational speaker)
- **“Never give up on what you really want to do. The person with big dreams is more powerful than one with all the facts.”**
– Albert Einstein
(theoretical physicist, philosopher)
- **“There is a powerful driving force inside every human being that once unleashed can make any vision, dream or desire a reality.”**
– Tony Robbins
(American author, motivational speaker, philanthropist)
- **“First, think. Second, dream. Third, believe. And finally, dare.”**
– Walt Disney
(American entrepreneur)
- **“If you can’t fly, then run. If you can’t run, then walk. If you can’t walk, then crawl; but by all means, keep moving.”**
– Martin Luther King Jr.
(American minister)
- **“Be sure you put your feet in the right place, then stand firm.”**
– Abraham Lincoln
(16th United States president)
- **“If you raise your children to feel that they can accomplish any goal or task they decide upon, you will have succeeded as a parent, and you will have given your children the greatest of all blessings.”**
– Brian Tracy
(American-Canadian motivational speaker)
- **“Quality is much better than quantity. One home run is better than 2 doubles.”**
– Steve Jobs
(American business magnate)
- **“Fitness isn’t about building a better body. It’s about building a better life.”**
– Jillian Michaels
(American author, inspirational personal trainer)
- **“Above all, learn how to breathe correctly”**
– Joseph Pilates
(German physical trainer, founder of the Pilates method of exercise)

- ***“You were created to excel. There’s no limit to how high you can go in life. Keep stretching to the next level.”***
– Joel Osteen
(Best selling American author, pastor, motivational speaker)
- ***“Physical fitness is not only one of the most important keys to a healthy body; it is the basis of dynamic and creative intellectual activity.”***
– John F. Kennedy
(35th United States president)
- ***“You dream. You plan. There will be obstacles. There will be doubters. There will be mistakes. But with hard work, with belief, with confidence and trust in yourself and those around you, there are no limits.”***
– Michael Phelps
(competitive swimmer, Olympian medal winner)
- ***“Believe you can, and you are half way there.”***
– Theodore Roosevelt
(26th United States president)

CHAPTER 3

- ***“Power Play is the workout that happens while you are having fun!”***
– Renita Lobo
(award-winning author, influencer, fitness coach)
- ***“I hear and I forget. I see and I remember. I do and I understand.”***
– Confucius
(Chinese philosopher)
- ***“Start by doing what is necessary, then do what’s possible; and suddenly you are doing the impossible.”***
– Francis of Assisi
(Italian Friar)
- ***“Play is the highest form of research.”***
– Albert Einstein
(theoretical physicist, philosopher)
- ***“We can change our lives. We can do, have, and be exactly what we wish.”***
– Tony Robbins
(American author, motivational speaker, philanthropist)

- ***“Do what you can, with what you have, where you are.”***
– Theodore Roosevelt
(26th United States president)
- ***“A happy family is but an earlier heaven.”***
– George Bernard Shaw
(Irish playwright, critic)
- ***“Success isn’t overnight. It’s when every day you get a little better than the day before. It all adds up.”***
– Dwayne Johnson
(American actor, former football player and professional wrestler)
- ***“You can discover more about a person in an hour of play than in a year of conversation.”***
– Plato
(Athenian philosopher)
- ***“Wherever you go, go with all your heart.”***
– Confucius
(Chinese philosopher)

CHAPTER 4

- ***“Failing to plan is planning to fail.”***
– Benjamin Franklin
(founding father of the United States)
- ***“You don’t have to see the whole staircase. Just take the first step.”***
– Martin Luther King Jr.
(American minister)
- ***“I’m a firm believer in goal setting. Step by step. I can’t see any other way of accomplishing anything.”***
– Michael Jordan
(American basketball player)
- ***“Accountability is the glue that ties commitment to the result.”***
– Bob Proctor
(bestselling author, motivational coach)

- ***“Don’t be afraid to ask questions. Don’t be afraid to ask for help when you need it. I do that every day. Asking for help isn’t a sign of weakness; it’s a sign of strength. It shows you have the courage to admit when you don’t know something and then allows you to learn something new.”***
– Barack Obama
(44th American president)
- ***“Fun is one of the most important—and underrated—ingredient in any successful venture. If you’re not having fun, then it’s probably time to call it quits and try something else.”***
– Richard Branson
(business magnate)
- ***“Set realistic goals, keep re-evaluating, and be consistent.”***
– Venus Williams
(American tennis player)
- ***“When you have workouts that happen while you are having fun, you experience the miracle of Power Play.”***
– Renita Lobo
(award-winning author, influencer, fitness coach)
- ***“There are no secrets to success. It is the result of hard work and learning from failure.”***
– Colin Powell
(retired 4 star general, former US secretary of State)

CHAPTER 5

- ***“We don’t stop playing because we grow old. We grow old because we stop playing.”***
– George Bernard Shaw
(Irish playwright)

CHAPTER 6

- ***“A dream written down with a date becomes goal. A goal broken down into steps becomes a plan. A plan backed by action makes your dreams come true.”***
– Greg S. Reid
(film producer, business magnate, author)
- ***“The best workout is one that gets done.”***
– Renita Lobo
(award-winning author, influencer, fitness coach)

- ***“When educating the minds of our youth, we must not forget to educate their hearts.”***
– Dalai Lama
(Tibetan monk leader)
- ***“Stay committed to your decisions, but stay flexible in your approach.”***
– Tony Robbins
(American author, motivational speaker, philanthropist)
- ***“Alone, we can do so little; together, we can do so much.”***
– Helen Keller
(American author)
- ***“No one can help everyone. But you have the power to help someone.”***
– Renita Lobo
(award-winning author, influencer, fitness coach)

HERE’S SOME MORE!

- ***“Your life is a product that you can improve.”***
– Raymond Aaron
(NY times bestselling author)
- ***“The more you praise and celebrate your life, the more there is to celebrate.”***
– Oprah Winfrey
(media executive, talk show host, philanthropist)
- ***“Feeling gratitude and not expressing it is like wrapping a present and not giving it.”***
– William Arthur Ward
(inspirational writer)
- ***“Family is the life jacket in the stormy sea of life.”***
– J.K. Rowling
(British author)
- ***“We must stop and thank the people who made a difference in our lives.”***
– John F. Kennedy
(35th United States president)
- ***“I sustain myself with the love of family.”***
– Maya Angelou
(American poet)

- ***“Many people will walk in and out of your life, but only true friends will leave footprints in your heart.”***
– Eleanor Roosevelt
(former first lady of the United States)
- ***“Friendship is born at that moment when one person says to another, ‘What! You too? I thought I was the only one.’”***
– C.S. Lewis
(British writer, lay theologian)
- ***“The delicate art of mentoring someone is not creating them in your own image, but giving them the opportunity to create themselves.”***
– Steven Spielberg
(American film director, founding pioneer of the new Hollywood era)
- ***“Lots of people want to drive with you in the limo, but what you want is someone who will take the bus with you when the limo breaks down.”***
– Oprah Winfrey
(media executive, talk show host, philanthropist)
- ***“When all the dust is settled and all the crowds are gone, the things that matter are faith, family, and friends.”***
– Barbara Bush
(former first lady of the United States)
- ***“You have the power to choose your own happy ending. Take charge. Take action and play along the way!”***
– Renita Lobo
(award-winning author, influencer, fitness coach)

