

If you wish to
grow thinner,
diminish
your dinner.



Take twice as
long to eat
half as much!



A second
on the
lips,
forever
on the hips!



Every step
Every mile
Every set
Every rep
Every meal
Every day



Never,
never,
never
quit!



I can do
anything just
for one day



You are what
you eat



You are
what you
think about
all day long

