

## COACH LESLIE's MARCH TIPS for HEALTH and FITNESS

### QUOTES TO KEEP YOU MOTIVATED:



"The investment is high, the risk heavy in the pursuit of excellence. Those who find it within themselves to make the ultimate commitment stand to gain the greatest victories"

"Understand that the harder you work the more luck you will have."

"Ability can get you to the top, but it takes character to keep you there."-- Wooden

"Your attitude determines your altitude. If you think you can or can't, you're probably right. The choice is yours." -- From Mind Gym...the chapter "Attitude is everything"

"You have to learn how to get comfortable with being uncomfortable."- Lou Piniella

"It's not the will to win that matters, everyone has that. It's the will to prepare to win that matters"

"It is a rough road that leads to the heights of greatness."-Seneca

"In war there is no substitute for victory."-Douglas MacArthur

"The game isn't over till it's over."-Yogi Berra

"Those who wish to move a mountain must first start by clearing away small stones" - Chinese Proverb

"To give anything less than your best is to sacrifice the gift." Steve Prefontaine

"If you train hard, you'll not only be hard, but hard to beat."

"The game isn't over till its over."-Yogi Berra

"Don't Count the days, make the days count."-Muhammad Ali

"To give anything less than your best is to sacrifice the gift."- Steve Prefontaine

"The difference between the impossible and the possible lies in a man's determination."- Tommy Lasorda