

I am healthy and full of energy
I live a healthy lifestyle
I prioritize health and fitness
I will say yes to energizing my body by eating healthy
I will enjoy discovering new and healthy foods to try
I find alternative treats that are healthy for my body
I take time to work out each day
I replenish my energy
I am learning to slow down and be in the moment
I am age defiant
I revitalize my life
I go with the flow
Healthy mind, healthy body, healthy life
I am energetic
I am energized
I am healthy
I am vital
I am powerful
I am relaxed
I am beautiful
I am natural
I am calm
I am balanced
I am centered
I love my body