



## Fitness Fanatic Mug

£15.00

OUT OF STOCK

### Quick Overview

A stylish, wordy mug featuring a message for Fitness Fanatics in a vintage typewriter font with one word highlighted in bright red.



Exercise is 100% mental - your body won't go where your mind doesn't push it. Good things come to those who sweat. Suck it up, so you don't have to suck it in. It never gets easier, you just get better. You don't get the ass you want by sitting on it. Take care of your body, it's the only place you have to live in. Your only limit is you. Exercise in the morning, before your brain figures out what you're doing. When you lose your excuses, you will find your results. Stop wishing, start doing. Fitness Fanatic. You earn your body. Sweat, smile, and repeat. The pain you feel today, will be the strength you feel tomorrow. The body achieves what the mind believes. To change your body you must first change your mind. Warning: daily exercise and healthy eating leads to increased awesomeness.



### Details

FITNESS FANATIC Exercise is 100% mental – your body won’t go where your mind doesn’t push it. Good things come to those who sweat. Suck it up, so you don’t have to suck it in. It never gets easier, you just get better. You don’t get the ass you want by sitting on it. Take care of your body, it’s the only place you have to live in. Your only limit is you. Exercise in the morning, before your brain figures out what you’re doing. When you lose your excuses, you will find your results. Stop wishing, start doing. Fitness Fanatic. You earn your body. Sweat, smile, and repeat. The pain you feel today, will be the strength you feel tomorrow. The body achieves what the mind believes. To change your body you must first change your mind. Warning: daily exercise and healthy eating leads to increased awesomeness.

### Additional Information

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