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Quotes about Exercise

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I like long walks, especially when they are taken by people who annoy me.

- Allen, Fred A.

I can feel the wind go by when I run. It feels good. It feels fast.

- Ashford, Evelyn

The only reason I would take up jogging is so that I could hear heavy breathing again.

- Bombeck, Erma

Athletes have studied how to leap and how to survive the leap some of the time and return to the ground. They don't always do it well. But they are our philosophers of actual moments and the body and soul in them, and of our maneuvers in our emergencies and longings.

- Brodkey, Harold

Nothing lifts me out of a bad mood better than a hard workout on my treadmill. It never fails. To us, exercise is nothing short of a miracle.

- Cher

Use it or lose it.

- Connors, Jimmy

I get my exercise acting as a pallbearer to my friends who exercise.

- Depew, Chauncey

Exercise is the yuppie version of bulimia.

- Ehrenreich, Barbara

Few people know how to take a walk. The qualifications are endurance, plain clothes, old shoes, an eye for nature, good humor, vast curiosity, good speech, good silence and nothing too much.

- Emerson, Ralph Waldo

Intellectual tasting of life will not supersede muscular activity.

- Emerson, Ralph Waldo

Exercise is bunk. If you are healthy you don't need it. If you are sick you shouldn't take it.

- Ford, Henry

If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.

- Hippocrates

Whenever I feel like exercise I lie down until the feeling passes.

- Hutchins, Robert M.

Walking is the best possible exercise. Habituate yourself to walk very fast.

- Jefferson, Thomas

A fat stomach never breeds fine thoughts.

- Jerome, St.

The only athletic sport I ever mastered was backgammon.

- Jerrold, Douglas William

Exercise is labor without weariness.

- Johnson, Samuel

Our growing softness, our increasing lack of physical fitness, is a menace to our security.

- Kennedy, John F.

We are under exercised as a nation. We look instead of play. We ride instead of walk. Our existence deprives us of the minimum of physical activity essential for healthy living.

- Kennedy, John F.

I'm not into working out. My philosophy: No pain, no pain.

- Leifer, Carol

I don't jog, if I die I want to be sick.

- Lemons, Abe

Why do strong arms fatigue themselves with frivolous dumbbells? To dig a vineyard is worthier exercise for men.

- Martial, Marcus Valerius

A pedestrian is a man in danger of his life. A walker is a man in possession of his soul.

- Mccord, David

Modern bodybuilding is ritual, religion, sport, art, and science, awash in Western chemistry and mathematics. Defying nature, it surpasses it.

- Paglia, Camille

Other exercises develop single powers and muscles, but dancing embellishes, exercises, and equalizes all the muscles at once.

- Paul, Jean

The physically fit can enjoy their vices.

- Percival, Lord

Jogging is very beneficial. It's good for your legs and your feet. It's also very good for the ground. It makes it feel needed.

- Schulz, Charles M.

I have never taken any exercise except sleeping and resting.

- Twain, Mark

Exercise: you don't have time not to.

- Unknown, Source



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