

# MY HEALTH

MY **Life**  
Friday





A man is shown in a plank position, resting his forearms on two dumbbells. He is shirtless, showing his muscular physique, and has a determined, intense expression on his face. The lighting is dramatic, with strong highlights and deep shadows, emphasizing his muscles. The background is dark and out of focus.

**“FITNESS” IS NOT QUITTING.**  
**IT’S GETTING UP ONE MORE TIME.**



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**"THE BODY  
ACHIEVES  
WHAT THE  
MIND  
BELIEVES."**

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THE PAIN  
YOU FEEL  
TODAY WILL  
BE THE  
STRENGTH  
YOU FEEL  
TOMORROW





IF IT DOESN'T  
CHALLENGE YOU,  
IT DOESN'T  
CHANGE YOU.





THE **ONLY** PERSON YOU  
NEED TO BE BETTER THAN

IS THE PERSON YOU WERE  
**YESTERDAY**



**NO PAIN**

**NO GAIN**

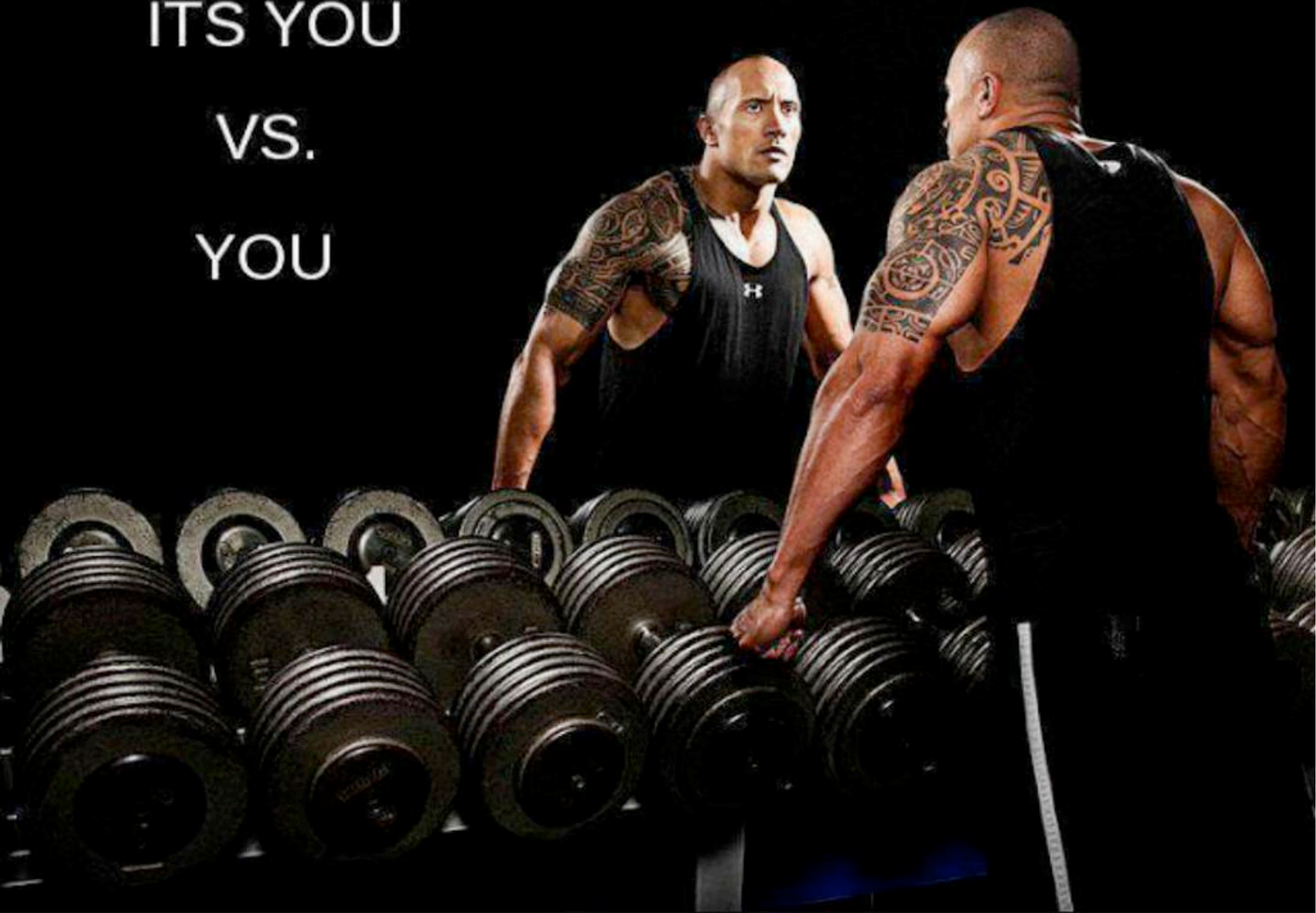




ITS YOU

VS.

YOU





**GREATNESS IS A LOT OF SMALL THINGS DONE WELL,  
STACKED ON TOP OF EACH OTHER.  
THE QUESTION STILL REMAINS...  
HOW MUCH TIME WILL YOU REALLY WASTE?  
TIME NEVER STOPS FOR NO ONE,  
THATS ONE THING GOD DON'T GIVE US.**

**AHMED VALENTINO KERIGO**





**STOP DREAMING!**  
**HEALTHY & STRONG BODIES**  
**DON'T GROW ON TREES.**  
**YOU GOT TO WORK FOR IT!**

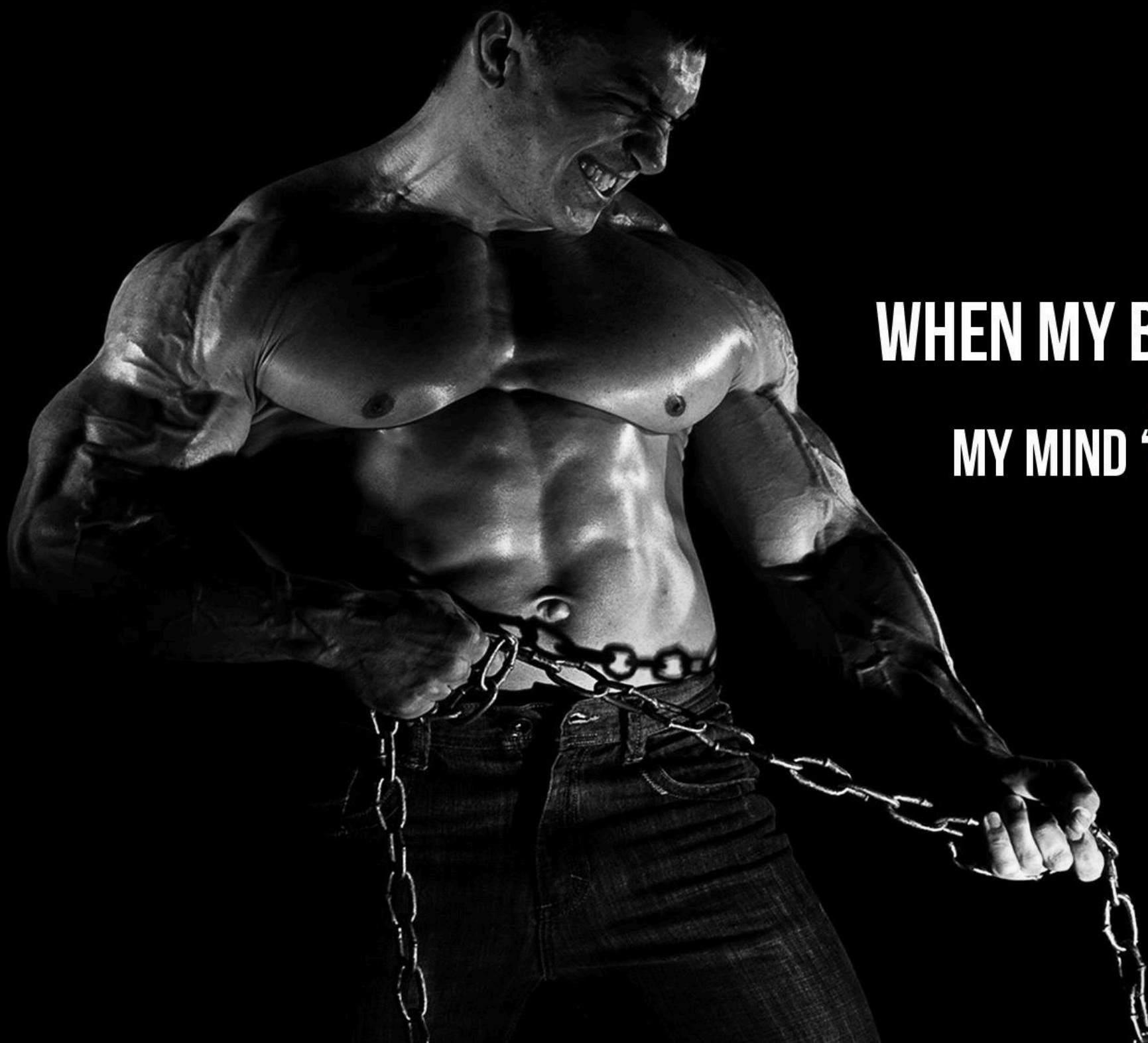






**Keep your blood clean,  
your body lean,  
and your mind sharp.**





WHEN MY BODY 'SHOUTS' STOP  
MY MIND 'SCREAMS' NEVER.