



**whyshyme** • Подписаться  
Hôtel Parister

whyshyme ~ s t r o n g e r ~

Gotta love the feeling of getting @stronger  
(pic before workout at @hotel\_parister)

What's more important to you, looking good or feeling good? The majority of us, boys & gals, have been through periods where all we want to do is look good but it takes over & we lose the want to feel good. Some years ago I shifted my focus from aesthetics to the eagerness to achieve the best performances. That allows me to surpass myself at every session, to respect the body I was given, and to do my best to improve it every day that goes by. Now, I walk out of the gym feeling not tired but fulfilled, strong & energized. Let me know if you relate to this in comments below 👇👇



4 241 отметок «Нравится»

23 ДЕКАБРЯ 2017 Г.

Добавьте комментарий...

