

# JACK LALANNE: CHIROPRACTOR

HEALTH ISSUES #36

**Jack Lalanne** is commonly known as “The Godfather Of Modern Fitness” for introducing weight training and nutrition to the masses. However, many do not realize that Jack was a graduate of Oakland Chiropractic College. He claimed that his Chiropractic education was invaluable in teaching him about the way the human body was designed to function. This knowledge helped him design and invent many of the gym machines that people still use today.



He often supported his fellow Chiropractors through lectures and personal appearance. Jack helped develop and a Chiropractic program called ‘Stay Fit Seniors’ that combines healthy exercise with Chiropractic care.

## JACKS FITNESS FEATS

- **1033 push ups in 23 minutes at age 42.**
- **1000 push ups and 1000 pull ups in 1 hour and 22 minutes at age 45.**
- **At age 60 swimming from Alcatraz Island to Fisherman’s Wharf while hand-cuffed, had his feet shackled together and dragged a 1000 pound boat behind him!**
- **On his his 70th birthday, he swam 1 1/2 miles dragging 70 boats with 70 people behind him, while hand-cuffed and shackled as well.**

## JACK’S QUOTES ON HEALTH

*"You can't separate the brain from the body."*

*"You need to make good health a hobby."*

*"I say stick with Mother Nature as much as possible."*

*"Invest in yourself now and reap the dividends day after day after month after year."*

*"Too many people make excuses like I don't have the time, or it costs money. Then when they get sick they go to the doctor and want a shot in the backside to make them healthy."*

**“Jack LaLanne was thirty years of his time, He is truly the terminator of unhealthy living.”**

Arnold Schwarzenegger

