

GABRIELE

FITNESS & PERFORMANCE



Groundbreaking Nutritional Advice

by Tom Langton

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I hope you enjoyed that video and found it as interesting as I did. I think it is pretty crazy that the clip was filmed in the late 1950's, but the message still holds true today. That is the same nutritional advice a smart trainer would prescribe today. It is amazing that Jack LaLanne was so far ahead of his time, yet everyone thought he was so crazy and fanatical.

When he passed away last week at the age of 96, Jack LaLanne left a message of health and fitness that will carry on for a very long time. He was preaching the benefits of exercise and good nutrition long before it was popular or the "cool" thing. He was a published author, motivational speaker, businessman and had his own nationally broadcast TV show for 34 years.

LaLanne also opened what is believed to be the first "health club" in 1936. He encouraged weight lifting and eating whole foods, even though Doctors of the time thought he was a "nut" and was going to hurt people.

LaLanne was a pioneer in the world of health and fitness. He is best known for some of his crazy stunts and as "The Juice Guy". However, I hope he will also be remembered as a man who dedicated his entire life to improving people's health and well being. He was criticized and even mocked for the majority of his career, but never let those negative views sway his opinions or lessen his energy.

Gabriele Fitness and Performance

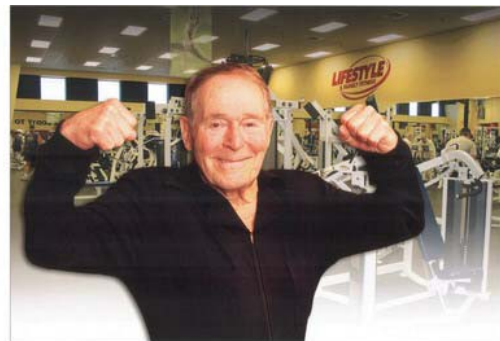
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Jack LaLanne