

Gene Tunney

Quotes

Sports, Exercise, Boxing, Fighting, Blood, Fitness, Heart, Men, Kids, Running, Vegetables, Fighter, Six, Cells, Winning, Religion, Lack Of Knowledge, Sagging, Body, Basketball

Handball, swimming, running, jumping, basketball, and boxing were as much a part of me as breathing.

~Gene Tunney

As a West Side kid fooling around with boxing gloves, I had been, for some reason of temperament, more interested in dodging a blow than in striking one.

~Gene Tunney

Exercise should be regarded as tribute to the heart.

~Gene Tunney

The way to know about championship quality is to learn from champions, and that I did; studying them with professional purpose during my time in the ring and from habitual interest afterward.

~Gene Tunney

The greatest fighter I ever saw

~Gene Tunney

To enjoy the glow of good health, you must exercise.

~Gene Tunney

Though I was not a belligerent kid, I do not think I ever passed up a good opportunity to fight.

~Gene Tunney

Upon awakening in the morning, I wondered if the proceedings of the night before had been a dream. It was hard to believe that I was the world's heavyweight champion.

~Gene Tunney

If all human lives depended upon their usefulness - as might be judged by certain standards - there would be a sudden and terrific mortality in

the world.

~Gene Tunney

A boxer must exercise and develop every part of his body.

~Gene Tunney

I've seen Dempsey fight and I was impressed with his lack of knowledge.

~Gene Tunney

A boxer's diet should be low in fat and high in proteins and sugar. Therefore you should eat plenty of lean meat, milk, leafy vegetables, and fresh fruit and ice cream for sugar.

~Gene Tunney

My own ambition in the ring had always been skillful boxing, speed and defense - on the order of Mike Gibbons.

~Gene Tunney

I did six years of planning to win the championship from Jack Dempsey.

~Gene Tunney

Never eat less than four hours before boxing. Then eat only lightly.

~Gene Tunney

Fat is one of the chief enemies of the heart because it has to be plentifully supplied with blood and thus needlessly increases the pumping load that the heart must sustain.

~Gene Tunney

The man who has allowed his body to deteriorate cuts a pitiful figure - chest collapsed, stomach protruding.

~Gene Tunney

A concave chest means that your diaphragm is sagging.

~Gene Tunney

Ever since boyhood I've made a religion of keeping in shape by regular, conscientious exercise.

~Gene Tunney

In youth, we get plenty of exercise through games and running around, but as middle life approaches, we settle down, literally and figuratively.

~Gene Tunney

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