

Jack LaLanne

Quotes

*Exercise, People, Thinking, Sports, Years, Motivational, Men, Queens, Athlete,
Sex, Want, Kings, Body, Age, Guy, Workout, Hands, Needs, Way, Mind*

Exercise is king. Nutrition is queen. Put them together and you've got a kingdom.

~Jack LaLanne

It's not what you do some of the time that counts, it's what you do all of the time that counts.

~Jack LaLanne

You see, you don't get old from age, you get old from inactivity, from not believing in something.

~Jack LaLanne

Your muscles know nothing. It's your brain. Exercise is something you've got to do the rest of your life. It's a lifestyle. Dying is easy. Living is a pain in the neck. You've got to work at it.

~Jack LaLanne

Develop a positive attitude. Think and picture how amazing you are going to be. Visualize it!

~Jack LaLanne

Most people, when they reach a certain age, let down and talk about what they used to do. Well, who gives a damn about what you used to do? It's what you're doing now.

~Jack LaLanne

If man made it, don't eat it.

~Jack LaLanne

The only way you can hurt your body is if you don't use it

~Jack LaLanne

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

~Jack LaLanne

The hell what you USED to do! It's what you're doing NOW and what you're GOING to do.

~Jack LaLanne

The food you eat today is walking and talking tomorrow.

~Jack LaLanne

Never get satisfied. The minute you stop trying, you go downhill.

~Jack LaLanne

If you want to change somebody, don't preach to him. Set an example and shut up.

~Jack LaLanne

My goal has always been to help people help themselves. Your body is your most priceless possession; you've got to take care of it!

~Jack LaLanne

Better to wear out than rust out.

~Jack LaLanne

I don't care how old I live! I just want to be living while I am living!

~Jack LaLanne

The essence of decay is inactivity.

~Jack LaLanne

So many older people, they just sit around all day long and they don't get any exercise. Their muscles atrophy, and they lose their strength, their energy and vitality by inactivity.

~Jack LaLanne

I do it as a therapy. I do it as something to keep me alive. We all need a little discipline. Exercise is my discipline.

~Jack LaLanne

You've got to exercise. Your health account, your bank account, they're the same thing. The more you put in, the more you can take out.

~Jack LaLanne

The spine is the lifeline. A lot of people should go to a chiropractor but they don't know it.

~Jack LaLanne

Remember this: your body is your slave; it works for you.

~Jack LaLanne

Ten seconds on the lips and a lifetime on the hips.

~Jack LaLanne

When it comes to health, diet is the Queen, but exercise is the King.

~Jack LaLanne

It's difficult to change overnight but if you are persistent and take one step at a time you will see results!

~Jack LaLanne

Virtually everything we do in life is a matter of habit. Habits make us who we are. Why not change your habits to better your life?

~Jack LaLanne

Stay in shape. And remember, daily exercise is a must. Plan for it, and do it. The rewards will be well worth it.

~Jack LaLanne

Your age is the sum total of your physical condition, the condition of

your mind, and how you feel.

~Jack LaLanne

If you're tired and pooped out all the time, do you have love and compassion in your heart for your fellow man? You don't even like yourself!

~Jack LaLanne

You need to make good health a hobby.

~Jack LaLanne

People don't die of old age, they die of neglect.

~Jack LaLanne

If you've got a big gut and you start doing sit-ups, you are going to get bigger because you build up the muscle. You've got to get rid of that fat! How do you get rid of fat? By changing your diet.

~Jack LaLanne

The only way you can hurt the body is not use it.

~Jack LaLanne

Everything in life that's meaningful takes effort - takes vitality. You have to work at it. And God helps them who help themselves...help you.

~Jack LaLanne

Living is like training for an athletic event. You have to have goals and challenges; you need to exercise and eat right.

~Jack LaLanne

Your waistline is your lifeline

~Jack LaLanne

I want to move well and comfortably, and enjoy the world around me.

~Jack LaLanne

Focus on your problem zones, your strength, your energy, your flexibility and all the rest.

~Jack LaLanne

Probably millions of Americans got up this morning with a cup of coffee, a cigarette and a donut. No wonder they are sick and fouled up.

~Jack LaLanne

Be an example of what you teach. [As a personal trainer], delve into your student's life, know everything about him. Be interested.

~Jack LaLanne

You start out with an hour on the treadmill, then another hour of lifting - hell, in two weeks you're not doing anything anymore. You gotta be reasonable.

~Jack LaLanne

People thought I was a charlatan and a nut. The doctors were against me -- they said that working out with weights would give people heart attacks and they would lose their sex drive.

~Jack LaLanne

Go on, have a glass of wine with dinner. What is wine, anyway? Pure grapes. A glass of wine is much better for you than a Coke.

~Jack LaLanne

If you can't afford a half hour three or four times a week taking care of the most priceless possession, your body, you've got to be sick. You're stupid.

~Jack LaLanne

Do you know how many calories are in butter and cheese and ice

cream? Would you get your dog up in the morning for a cup of coffee and a donut?

~Jack LaLanne

Anything in life is possible, if you make it happen.

~Jack LaLanne

Forget about what you used to do. Don't make those same mistakes again. Everybody says, "Oh the good old days" - the good old days are right this second! This moment controls the next moment.

~Jack LaLanne

I think fat, out-of-shape people should be fined.

~Jack LaLanne

You put junk in, junk comes out. You put good in, good comes out.

~Jack LaLanne

We don't know all the answers. If we knew all the answers we'd be bored, wouldn't we? We keep looking, searching, trying to get more knowledge.

~Jack LaLanne

If you take steroids, you have to pay the price. They can kill you; there are no shortcuts. It's like going to bed with a rattlesnake, it's got to get you.

~Jack LaLanne

I never think of my age, never. I could be 20 or 100. I never think about it, I'm just me.

~Jack LaLanne

The only way you get that fat off is to eat less and exercise more.

~Jack LaLanne

I only eat fish - no chicken, no turkey, just fish. I get all my protein from fish and egg whites.

~Jack LaLanne

Life is great when your in shape!

~Jack LaLanne

My workout is my obligation to life. It's my tranquilizer. It's part of the way I tell the truth--and telling the truth is what's kept me going all these years.

~Jack LaLanne

Sex is the greatest driving force on this planet. Christ, why are we living if we can't have a little fun? Sex is giving, and the more you give, the better lover you are.

~Jack LaLanne

Exercise is king. Nutrition is queen. Together, you've got a kingdom. If you have a Corvette, you don't put water in the tank. The human machine deserves the same treatment.

~Jack LaLanne

You got to do what's happening today in the world. You got to keep up with time. Keep up to date, keep modern - keep up on your toes!

~Jack LaLanne

The most important person on this earth is you. What are you doing to help the most important person in this world: you? To live right, you have to exercise, have goals and challenges.

~Jack LaLanne

Progress is made where progress is measured.

~Jack LaLanne

If it tastes good, spit it out!

~Jack LaLanne

Exercise to live. Never live to exercise.

~Jack LaLanne

I have spoken to a whole group of millionaires, head executives at Microsoft. Boy did I chew those guys out.

~Jack LaLanne

The secret to a long and healthy marriage is to work at it and don't try and change each other.

~Jack LaLanne

It's a lifestyle, it's something you do the rest of your life," LaLanne said. "How long are you going to keep breathing? How long do you keep eating? You just do it.

~Jack LaLanne

Sex has to do with imagination, so the sky is the limit. If you're not doing bodily harm, why shouldn't you do what turns you on?

~Jack LaLanne

Maybe 50 or 60 percent of all divorces are predicated on someone's being physically unfit. Who wants to live with negativism? Love goes out the window.

~Jack LaLanne

I have one thing in my mind. How can I get people to start taking care of themselves? That's all I think about.

~Jack LaLanne

You can take them in a wheelchair and put them in a pool, so they can move their arms and legs. In a pool disabled people can do things that

they can't normally do otherwise.

~Jack LaLanne

Figure out what's good for you, then create a liking for it. You've got to work at living.

~Jack LaLanne

Please help my arthritis. Please help me bring up my strength, make me young again.

~Jack LaLanne

Eat right and you can't go wrong.

~Jack LaLanne

There are so many health food nuts out there that eat nothing but natural foods but they don't exercise and they look terrible.

~Jack LaLanne

The brain's preferred source of fuel is glucose/carbohydrates. And when you go on a low-carb/high-protein diet, your brain is using low-octane fuel. You'll be a little groggy, a little grumpy.

~Jack LaLanne

Exercise is your king, and nutrition is your queen. Together they create your fitness kingdom.

~Jack LaLanne

Any stupid ass can die- you have to work at living!

~Jack LaLanne

They thought that athletes that worked out with my system wouldn't be able to throw a ball because they'd be too muscle bound. Those are the misconceptions I had to go through for about 40 years.

~Jack LaLanne

Inactivity is the killer and, remember, it's never too late.

~Jack LaLanne

I don't think about wealth. I get one thing in my mind, "How can I help people...come on humans...do something, you know. Let's wake up. Man alive...you're half dead. Let's do some living".

~Jack LaLanne

That is the beautiful part about weights: even if you are 100 year old, you can lift something. Maybe it's only a half a pound or a pound or two pounds. It will still do something.

~Jack LaLanne

What the hell do doctors know about exercise? Most of them know zero. You gotta push elderly people to failure like anybody else. Then the body responds.

~Jack LaLanne

If you lose a couple of inches off your stomach, your business down there will look a lot longer.

~Jack LaLanne

My Dad was overweight and unhealthy, and he died young. I wasn't going to let that happen to me.

~Jack LaLanne

If you don't like Corvettes, you don't like sex and money.

~Jack LaLanne

I was the worst, most sickly kid of all - 30 pounds underweight. The girls used to beat me up. Actually I was a mean kid, early on because I had no self-esteem.

~Jack LaLanne

I can't die. It would ruin my image.

~Jack LaLanne

Never, ever get satisfied; keep the carrot in front of the horse.

~Jack LaLanne

I'm a believer in routine. I like to see people work out at the same time each day.

~Jack LaLanne

If man makes it, I don't eat it!

~Jack LaLanne

All athletes would be better if they eat better. Junk in equals Junk out.

~Jack LaLanne

I see a sea of millions of people going down with their own negative thoughts, going down for the third time in this big sea of iniquity and negativity.

~Jack LaLanne

I've always liked fast cars and slow women.

~Jack LaLanne

That's what I wanted! I wanted to be an athlete, I wanted the girls to like me, and I wanted to be able to get good grades in school, and this man said I could do all that.

~Jack LaLanne

My wife is my protector. Without her, I'm nothing. She wants to please me, and I want to please her. We've been together over 53 years.

~Jack LaLanne

I can't afford to die. It would wreck my image.

~Jack LaLanne

Billy Graham is for the hereafter. I'm for the here and now.

~Jack LaLanne

You've got to work at living-99 and 9/10 of Americans work at dying!

~Jack LaLanne

You can't separate the mind and body. It's impossible.

~Jack LaLanne

I say stick with Mother Nature as much as possible.

~Jack LaLanne

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