

## JACK LaLANNE

Do any of you remember Jack LaLanne? Do you know someone that's really strong? Let me tell you about Jack LaLanne. Jack LaLanne was a Television personality, fitness pioneer and inventor. He was born on September 26, 1914, in San Francisco, California. Because of his strength and endurance, even into his 90s, LaLanne was often referred to as the "godfather of fitness."

He was the first to open a health club in the United States and to have an exercise show on television. Not only did he talk the talk about fitness, LaLanne definitely walked the walk, winning the Mr. America competition in 1955. In 1956, LaLanne set a world record by doing 1,033 pushups in 23 minutes.

At a time when many might be slowing down, LaLanne proved how strong and healthy he was--when he turned 70 in 1984, he swam a 1.5-mile section of Long Beach Harbor while towing 70 people in 70 boats. If that was not enough, LaLanne was also handcuffed and shackled at the time.

In 2004, at the age of 90, he swam the length of the Golden Gate Bridge underwater, carrying 140 pounds of equipment. However, all the exercise and nutritional practices could not hold off the "grim reaper", and he passed away at his Morro Bay, California home on January 23, 2011. He died, at age 97, of respiratory failure related to pneumonia, according to news reports.

When the Titanic and her sister ship, Olympic, were built in 1910, the White Star Line published a brochure stating that “these two wonderful vessels are designed to be unsinkable”. When boarding the Titanic in Southampton, surviving passenger Sylvia Caldwell said she asked a porter if the ship was really unsinkable. The porter is reputed to have answered: “Yes, Madam. God Himself could not sink this ship”.

When the New York office of the White Star Line was informed that Titanic was in trouble, White Star Line Vice President P.A.S. Franklin announced: “We place absolute confidence in the Titanic. We believe the boat is unsinkable.” By the time Franklin spoke those words, Titanic was sitting at the bottom of the ocean.

Being physical, humans can only exist for a limited number of years as Moses pointed out in Psalm 90:10: “The days of our life are seventy years, or eighty if we have the strength. Yet the best of them are only hard work and sorrow. For they are soon gone and we fly away.” Boats and cars and all other physical things also wear out and have to have new parts or be re-built altogether.

There is only one who can claim immortality and invincibility, and He is the one in which we should be placing our trust.

Hebrews 1:10-12 “And: In the beginning, Lord, You established the earth, and the heavens are the works of Your hands; <sup>11</sup> they will perish, but You remain. They will all wear out like clothing; <sup>12</sup> You will roll them up like a cloak, and they will be changed like a robe. But You are the same, and Your years will never end.