There is no easy way out. I've never heard knocking on my door at 5am: "Jack, this is Jesus. I'll work out for you today." --Jack La Lanne

**Jack La Lanne, Fit for Life**

He's in the gym at 5am and works out for two hours, seven days a week, even if he only gets one or two hours of sleep. He hasn't had a sugary dessert or missed a daily workout since 1930. Jack La Lanne, a pioneer of modern fitness is turning 90 and still aspires to swim the 22 hour distance from Catalina Island to Los Angeles, underwater.

**Be The Change:**

Take on something challenging.