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**You Don't Know Jack!**

**By Donald Schnell**

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Dear Success Colleague,

I found it hard to believe.

The man performed 1,000 full body chin-ups non-stop. Most men have trouble completing even one.

I found it hard to believe. The same man did these chin-ups in under 30 minutes.

## You Don't Know Jack!

I found it hard to believe. This man was in his 30's, not a young twenty something.

I found it hard to believe. This man completed the chin-ups and then jumped to the ground and did 1,000 pushups!

I found it hard to believe. This man completed the pushups in twenty minutes.

His name?

Jack La Lanne. The famous sixties TV exercise icon.

What does Jack La Lanne have to do with success? Exercise benefits you in many ways. It is great form of stress relief and physical conditioning.

But I learned much more from Jack La Lanne than merely exercising my body. I learned to exercise my mind. How? Jack taught me that exercise creates discipline and persistence, and that the more I strengthened by body, the more my mind was exercised.

What was it like to work out with Jack La Lanne?

If he were here with you today, he'd probably say....

"Hey? Why are you sitting down? If you've been sitting for more than 30 minutes, you've got to stand up!"

"Reach up. Reach for the ceiling. Stand tall. Repeat this three more times. Try to reach a little higher with each attempt."

"What else can I do?"

"Start with one minute of exercise."

"Just one minute?"

"Yes! The important thing, more than the minutes is to create the habit of exercise. It is better to start the habit and stay with it every day than to start and quit."

## You Don't Know Jack!

We used to tell Jack all of our excuses as to why we would miss a day. He was a professional excuse killer.

"Jack, I wanted to exercise today, but I didn't have time."

"You don't have one minute?" he would say.

Stand up. Stand behind your chair. Hold onto it with your hands. Now rise up and down on your toes for the next 60 seconds. Slow down the repetitions if you need to.

Every day add another minute of exercise. Walk in place. Try pushups.

Let me review. Every 30 minutes stand up for a minute. Reach for the ceiling.

Rise up and down on your toes. Add a minute of exercise to

your life everyday until you are performing 30 minutes.

In one week you will be doing 7 minutes of exercise. You will surprise yourself at how much exercise this is. More importantly, you will be creating the exercise habit in your life.

No more excuses. Now is the time to exercise your mind and body and to keep youthful.

Yours for success and health,

Donald Schnell

Dr. Donald Schnell co-founded with Marilyn Diamond of Fit For Life, the Spiritual Java Diet Coaching Program, that is transforming thousands. The New Spiritual Diet, Incredible Value, One on One coaching Amazing Results. <http://www.SpiritualJava.com> or email: [Donald@SpiritualJava.com](mailto:Donald@SpiritualJava.com) Donald Schnell is the author of The Initiation. Free Motivational Newsletter, The Buzz <http://www.spiritualjava.com>

### **Cooler Summer Expected**

#### **By News Canada**

(NC)—A long, hot summer is the right time to sample the growing number of coolers now available.

## You Don't Know Jack!

They come in just about every flavour imaginable from the traditional lemonade to the exotic passion fruit. But, just as new favourites are introduced each year, some old favourites become difficult to find. A perfect example is Jack Daniel's Country Cocktails. No longer in general distribution in Canada, many consumers are having trouble finding their Jack Daniel's favourites. Fear not, hope is on its way! Corey Ball, Group Brand Manager for Jack Daniel's in Canada, has the answer: you can mix your own. "After numerous requests," says Ball, "we developed these recipes to give consumers the great taste they enjoy with Jack Daniel's Country Cocktails. Here are two favourites for you to try:"

### **Jack Daniel's Blackberry Jack**

1 Part Jack Daniel's Tennessee Whiskey

2 Parts Blackberry Brandy

4 Parts 7-Up® or Sprite®

### **Jack Daniel's Downhome Punch**

1 Part Jack Daniel's Tennessee Whiskey

1 Part Peach Schnapps

1 Part Sour Mix

2 Parts Orange Juice

1 Part 7-Up® or Sprite®

Splash Grenadine

Mr. Ball reminds us that these and other delicious recipes can be found by visiting the Jack Daniel's website at [www.jackdaniels.com](http://www.jackdaniels.com), where you'll find lots of good ideas to have a cooler summer this year.

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