

# Health & Fitness Journal of Canada

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## COMMENTARY

### Short Story Regarding Jack and Cheryl Taunton

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#### Abstract

Jack and Cheryl Taunton make a good team showing patience and wisdom in everything they do. Together with their incredible passion for Canada and the health and fitness industry, they have done more for Canada than most people I know or will ever know. **Health & Fitness Journal of Canada 2020;13(3):45-46.**

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Keywords: Admirable, Leader, Committed, Athlete, Wise

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#### Introduction

I have gotten to know Jack and Cheryl Taunton over the past few years while working on the Board of the Canadian Health and Fitness Institute together with Dr. Jack Taunton.

Since 2018 until now, I have seen Jack go through several serious health issues yet he is unrelenting in his commitment and loyalty to the Institute. He is also one of the most energetic and positive people I know.

Jack is truly admirable. Nothing holds him back from his duties. Despite his age and health issues, Jack is always the first person to respond to any Institute matter whether by email, phone, or zoom. He is also the most reliable in his response and follow through in his commitments. He and Cheryl make a good team showing patience and wisdom in everything they do. Together with their incredible passion for their country and the lengthy record of their contributions towards the health and fitness industry they have furthered

Canada's Health and Fitness industry more than anyone I know.

Beyond his vast medical knowledge, working with high profile athletes, and being an accomplished athlete himself, Jack is knowledgeable in many aspects of developing a grand vision such as the Canadian Health and Fitness Institute's vision – to make Canada the fittest nation on earth by 2030. He is a great fundraiser, knowledgeable about both operations and technical aspects of running a large organization, and has the vision to ensure its sustainability for many years to come. He knows leaders in areas as diverse as basketball court materials to shipping needed medical supplies to various international destinations. Jack and Cheryl have big hearts and a big desire to help others, and they act on their desires.

Above all, Jack is not just a leader in the Sports and Medicine Industry, but also a caring and thoughtful leader in anything he does including being involved with his family. We are very grateful to have Jack on

our Board, and both Jack and Cheryl supporting the Canadian Health and Fitness Institute. We wouldn't be where we are today without them.

### **Author's Qualifications**

The author's qualifications are as follows: Donna Weston MSc.