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COMMENTARY

Jack and Cheryl: Dynamic Team

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Abstract

Straight from the heart is my tribute to an incredible duo that have taught and given so much to all of us!

Thank you, Jack and Cheryl! **Health & Fitness Journal of Canada 2020;13(4):11-12.**

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Introduction

It seems like the conversation always starts with, "Oh you know Dr. Jack Taunton, right?" The conversation then flows automatically into the incredible body of work achieved over a lifetime of caring, giving, mentoring, and inspiring a nation and beyond.

So, one would naturally think like most high-level doctors, executives, influencers, or celebrities, that you might have to get in line or take a number to perhaps get to speak or spend some time with Jack.

In fact, it is completely the opposite. One of the most generous men you will ever meet is Jack and somehow, magically he makes time for everyone. No secretary screening calls or emails, simply direct cell phone and email access at what seems to be twenty-four hours a day, seven days a week, all year round.

It is not only the accessibility but Jack's enthusiasm and energy that personally inspires me to do more and be a better

person. It is totally infectious and Jack truly defines the word "give."

We all know it takes "two to tango" and not to be out done by any means, Cheryl Taunton is directing at all levels in the Taunton Duo. I am super proud to call Cheryl one of my great friends.

Often behind the scenes you find a driven, compassionate, and intelligent woman simply getting the job done. I was an executive on the Board for the UBC Grand Prix for years with Cheryl, and what a pleasure that was. I can only state how refreshing it is to work with a no nonsense, common sense approach to completing massive projects like running Pro Cycling races. Smart, efficient, and creative, Cheryl can do it all with a smile on her face to boot. It is with much admiration and respect I have witnessed how Cheryl carries herself. Treating everyone right, from tough Board rooms to the floor of the largest galas. She is truly inspiring.

Together the "Dream Team" turns into the Super Taunton Family. Fifty plus years

of life in marriage, business, and family all while significantly impacting all the communities we live in. Physically, mentally, spiritually, the "Dream Team" delivers it all.

For over a decade, it has been my honour to work, live, play, and learn from Jack and Cheryl. To watch what they do day in and day out performing with exceptional humility and grace, is second to none. They are my great friends and they deserve all the accolades that have come their way.

What is next? You better believe Jack will tell me tomorrow, as there is no stopping the Taunton force! They are simply the best and I salute and thank them both for everything they have contributed.

It is my honour and great pleasure to write and pass along this note. Thank you and be well to all.

Author's Qualifications

The author's qualifications are as follows: Mike Mahony C.E.O, Canadian Health and Fitness Institute.