

# Educate \* Motivate \* Inspire

Official Newsletter of the National Fitness Hall of Fame (NFHOF)

Spring 2015



## Legends & Superstars



Bonnie

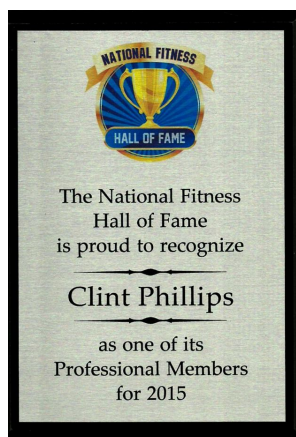
& Leslie



## From the Founder... *"Legendary Status: Good & Bad"*

As a child I remember reading a book which followed the day of a young lad, Ned, through a series of events. Throughout the entire book he encountered *Good Luck* followed by *Bad Luck*. For example, Ned was on a plane when he ran into some *Bad Luck*. The plane was going to crash however; *"What Good Luck*, the plane had a parachute; *What Bad Luck* the parachute had a hole in it; *What Good Luck* there was a haystack on the ground; *What Bad Luck*, there was a pitch-fork in the haystack; *What Good Luck* Ned missed the pitchfork; *What Bad Luck* he missed the haystack; *What Good Luck* Ned landed in water; *What Bad Luck* there were sharks in the water...and so on and so on." The book was aptly titled, *"What Good Luck; What Bad Luck,"* which made me think of our *Fitness Legends*. The *Good News (Luck)*; you have reached *"Legendary Status;"* The *Bad News* is you are no longer with us. Being revered as a *Legend* means that one has reached the highest level of recognition and praise within their field of endeavor and that is great. But also know that whatever the accolade bestowed upon you, be it *Legend, Superstar, Rising Star or whatever*; if you are helping others get fit and stay healthy you are on a terrific path to a *"Legendary Life."*

Have a blessed and revived spring, Sincerely, *John Figarelli* – NFHOF Founder



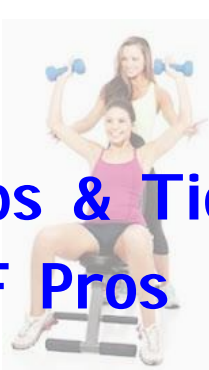
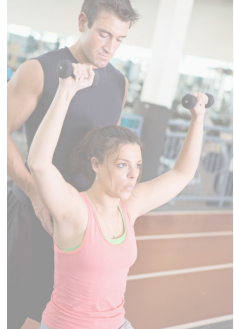
Clint Phillips has been a big supporter of the NFHOF since 2010 and has graciously become an Ambassador Donor this year and we greatly thank him.

Clint recently spoke at the "History of Fitness" Super Seminar and let the audience how he got involved in fitness, about his fitness companies (Gold Coast Trainers & FitChicago.com) and specifically how he became involve with the NFHOF.

Learn more about all of our Pro Members at our website: [www.NationalFitnessHalloffFame.com](http://www.NationalFitnessHalloffFame.com)



The information in this newsletter is meant to supplement, not replace, proper supervised training. The authors and publisher advise readers to take full responsibility for their safety and know their limits. This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that say require diagnosis or medical attention. | Copyright © 2015 by The National Fitness Hall of Fame



## Spring Training Tips & Tidbits From NFHOF Pros



"Springtime is here and the America is jumping to getting ready for summer. Too many people want results overnight and jump into any and every 'quick fix' fad diet and/or training to get them there. Yes, there are methods that are more effective than others. But once you have your training and nutrition dialed in and your recovery is on point, you have to be patient. Do the work consistently and learn to love the process."

"Train to be lean. Train to be mobile. Train to be healthy. And train to feel good. With dedication, the results will come." ~ Jim Cipriani, CPT



"Now is a great time for seniors to begin a weight training program which is great for joint and bone health. Start slow and concentrate on proper form and technique. You should perform 4 to 5 exercises using 5-6 reps with light load. This should be performed 2-3 time/wk. My suggested exercises would be: Squat or leg press, overhead press if no shoulder problems, abdominal exercise, Lat pull down, chest press, rows and a back erector machine. I would begin by using machines to build a strength base. Warning get cleared by you physician and work with a trainer if possible until you are comfortable."

~ Dr. Robert Haley, DC



"As we get ready for summer, people are thinking about the beach and recreational activities. Everyone wants to look good and feel good. What better way to get ready for the fun in the sun than hiring a pro certified trainer to help you get stronger and have more stamina for those warm weather activities. Not only will you look better but you will also perform better with all the physical fitness endeavors you might have. Hire your personal trainer today for a better tomorrow."

~ Mike Michelakis, RSCC, CSCS, ACSM Certified Fitness Trainer

### Everything Old is New Again

By Greg Justice, MA – NFHOF Board Member & NFHOF Pro

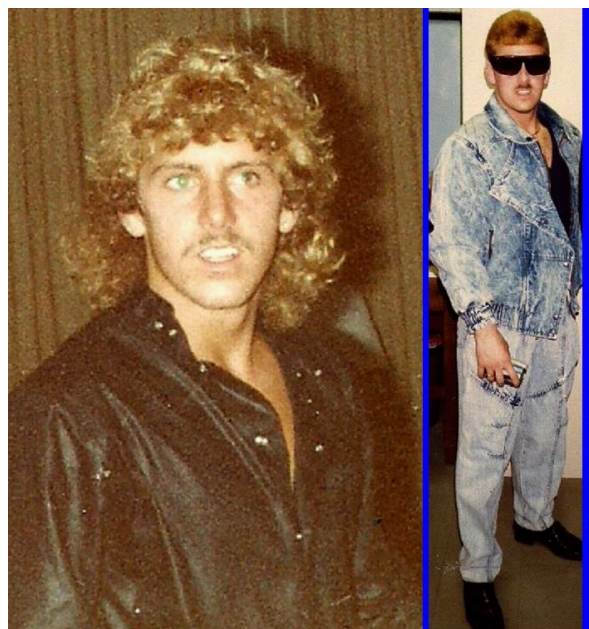
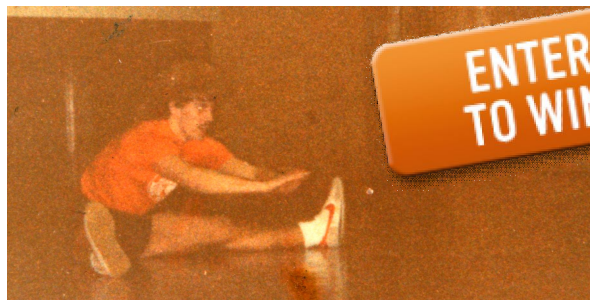


An American Council on Exercise (ACE) survey of personal trainers, group fitness professionals, and lifestyle and weight management consultants is out with its top 10 fitness trends for this year.

Topping the list was wearable technology to monitor and record biometric data. Also making the list was old-school group-exercise programs. Kind of interesting that two of the hottest trends in our industry today couldn't be more diametrically opposed, isn't it? 'Old-School' Group Exercise Workouts and Technology-based fitness are both gaining in popularity, with no end in sight...*(continued page 6)*

The information and advice provided In "The Trainer's Corner" is from certified trainers however it does not necessarily reflect the views or opinions of the NFHOF. Please use caution and common sense when starting any exercise program.

# "WE LOVE THE '80S" CONTEST



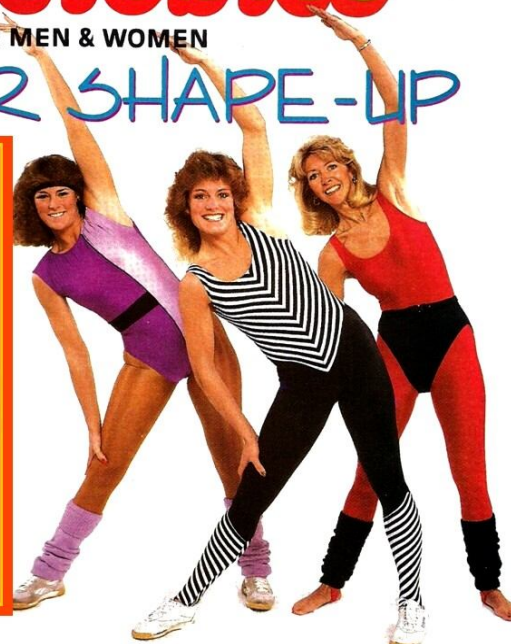
There weren't a lot of "Selfies" taken back in the '80s so good pictures are hard to find.

## SPAerobics FOR MEN & WOMEN SUMMER SHAPE-UP

Fitness Fans  
enter our  
"We Love  
The '80s"  
contest to win  
cash & prizes



NationalFitnessHallOfFame.com



**The '80s, "If you lived it, you loved it."** (Most likely)  
If you are too young to remember, ask your parents....

We are looking for pictures and stories about the  
"**Totally Awesome 80s**" for our Facebook page and website.

They must be your personal pictures and your unique stories.  
(No professional, copyrighted photos accepted) NFHOFF members will  
vote for their favorite in several categories: Best Hair,  
Fashion, Make-up, etc. Detail at the website.

**Member Trivia Contest** – Members can enter their response for a chance to **win a \$25 Gift Card**

<http://www.nationalfitnesshalloffame.com/membernewsletter.html>

### **Last Quarter's Trivia Answers -**

**Q:** What 2008 NFHOFF Inductee has written & published over 80 books about health & fitness?

**Answer:** Charles T. Kuntzleman, EdD

**Q:** Gilad Janklowicz and Anibal Lopez have been inducted into what other "Halls of Fame?"

**Answer:** Anibal Lopez was inducted into the WBBG Hall of Fame in 2007 and Gilad Janklowicz was inducted into the Jewish Sports Hall of Fame in 1991.

### **This Quarter's Trivia Question –**

**Q:** Name the 2 NFHOFF Inductees shown at the bottom of page 5.

(Hint: One is a 2008 NFHOFF Inductee and the other was inducted in 2010)

# Legends & Superstars

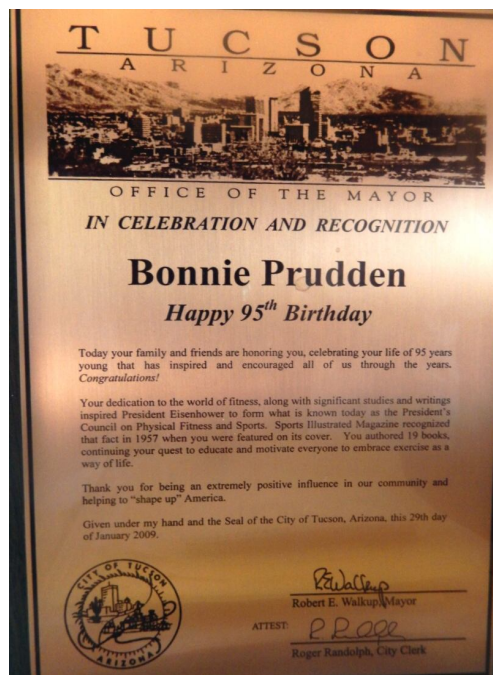
(from the cover)

## Bonnie Prudden (2014 NFHOF Inductee)

(1914-2011) was an early advocate of daily exercise. In 1955, Bonnie received a personal invitation from then Vice President Nixon which read: *"Dear Miss Prudden, The President (Eisenhower) has asked me to serve as Chairman of the Conference on Fitness of American Youth which he has called for September 27 and 28 (1955) at Lowry Air Force Base in Denver, Colorado...I shall look forward to the opportunity of seeing you upon your arrival in Denver. I am sure that the distinguished group of 125 national leaders who will participate in the Conference will be able to make some significant and helpful recommendations to the President as how we can improve the standards of health, recreation and physical fitness for America's youth....With every good wish, Sincerely, Richard Nixon."*

Following that meeting, Shane MacCarthy, Executive Director of the President's Council on Youth Fitness wrote, "The positive tone of the discussion, in which the specific suggestions offered by you played an important part, will enable the Council to present some very concrete ideas as guides upon which organizations and communities may build their own programs to stimulate healthy and wholesome habits of physical activities."

Both our nation's children and adults have benefited because of Bonnie's pioneering efforts in developing sound fitness programs for our schools!

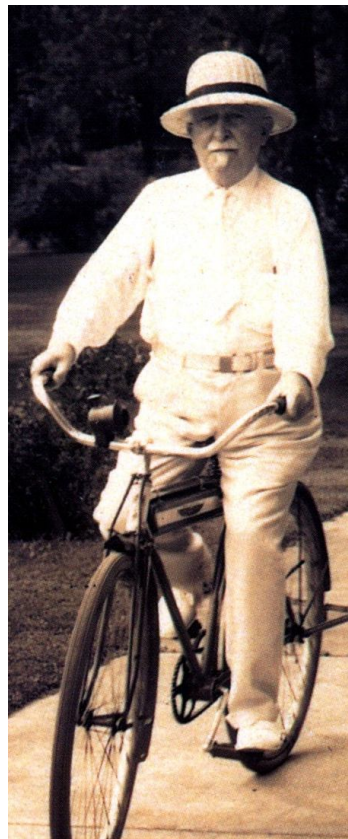


## Leslie Sansone (2014 NFHOF Inductee)

Leslie is a nationally recognized fitness expert, and creator of the *Walk at Home* program. Her philosophy is simple. She believes that our bodies were made to move and we can walk our way to health and wellness. *FITNESS WALKING* has proven to be the most beneficial of all healthy lifestyle choices in reducing disease and improving the quality of life!

For 25 years, she's taught people of all ages how to get fit, stay fit and feel better about life. She has millions of walk fans. What started as a few classes in her fitness center has grown into the #1 walking program in the world, grossing over \$250 million. Leslie's energy is contagious. Her enthusiasm for walking, and life, is unmatched. She's a walk guru on a mission: to promote healthy lifestyles, to ward off illness associated with obesity and sedentary lifestyles, and to improve public health one stride at a time.

Get Leslie's Walk Newsletter sent right to your Inbox! Get the latest workout to live that healthy life you're walking towards! - See more at: <http://www.walkathome.com>



**TRIVIA CONTEST!**

## THE NFHOF welcomes their newest Pros

Jim Cipriani | Mike Erato | June Kittay | Lee Roupas

Betty Scarimbolo | John “The Beast” Azari

Many benefits to membership including:

- Recognition in our eNewsletter
- Discounts on NFHOF events
- Our Keepsake Embroidered Patch
- New – NFHOF logo button
- NFHOF Induction Voting Rights
- Networking opportunities
- ...and much more!



Your membership fee helps support the mission of the NFHOF.

## **Fitness Fan Membership**

**On Sale – Just \$20 (+S&H)**

This upgraded 2015 membership is designed for the fitness enthusiast or professional who appreciates the benefits staying fit, keeping healthy and/or improving sports performance.

Benefits of membership includes:

- Certificate of Membership
- Booklet “The History of Fitness”
- Quarterly NFHOF eNewsletter
- NEW - A NFHOF logo button
- Discounts on NFHOF events
- ...and much more!

### Note the change in upcoming book:

“America’s Top Trainer’s, Gyms and Fitness Studios” has been change to “*The National Fitness Hall of Fame’s Super Showcase featuring NFHOF Inductees, Professional Members & Partners.*” This terrific resource will be available by mid-September 2015. (Sorry for the delay)

(Everything Old is New Again - *continued page 3*) When I began my personal training career in the mid-1980’s, group training, high intensity workouts were all the rage, and heart-rate monitors were just making their debut...everything old is new again.

It's the movie Rocky IV all over again. That's right; Rocky Balboa verses Ivan Drago, old-school verses state-of-the-art. I won't lie, I loved the Rocky movies. I was a sixteen year-old high-school wrestler when the first Rocky movie made its 1976 debut. Early morning workouts, drinking raw eggs and rooting for the underdog became a way of life for many young athletes, including me. Here’s a word of advice, skip the raw eggs...they're better, and safer scrambled.

There are many memorable moments from the Rocky series, but the most relevant to this article is from the fourth installation, when Rocky goes to the Soviet Union to avenge the death of Apollo Creed at the hands of Ivan Drago. Rocky trains for the fight by carrying logs; chopping wood and pulling a sleigh. Sounds familiar if you've participated in an old-school workout class, doesn't it?

Drago, on the other hand, is attached to electrodes and is constantly monitored by computers, and works out with ultra hi-tech equipment.

Quite a contrast, isn't it? So, the question is...which way is better, old-school workouts or techno-based fitness? There’s no “right or wrong” here, just personal opinion. Personally, I would rather be outside, flipping tires, pushing sleds, tossing medicine balls and swinging kettle bells, rather than being inside, going from machine to machine like a robot, with a key card and heart monitor?

I don't mind wearing a heart monitor every now and then, but I'd much rather be outside breathing fresh air. You can have the technology; my vote is for old-school! ~# # # #

# "The History of Fitness" Seminar

presenter - John Figarelli - NFHOF Founder



Lee Roupas, Betty Scrimbolo & Clint Phillips



Dr. Phil & Nancy Claussen, Fred Schutz & Esther Gutierrez Sloan



Walt Sloan, Esther Gutierrez Sloan, Tod Sloan & Lee Roupas

## The National Fitness Hall of Fame

brings fun & fitness to your company as we inform your employees (or clients) about the rich, diverse history of fitness and the many benefits of living a fit & active lifestyle and hopefully inspire them to partake.

In 2013 we presented our 1<sup>st</sup> seminar at the NFHOF's Induction Weekend and it was a big hit. Since then we have developed a smaller, more portable display and created a new "Brown-Bag" lunch seminar which people love!

This interactive "History of Fitness" Super Seminar is approximately 25-minutes in duration and come with an illustrated booklet which allows participants to follow along. Time permitting, the audience is welcome to peruse the display and certainly encouraged to ask questions.

We charge a small fee for bringing the fabulous seminar to your company and employees.

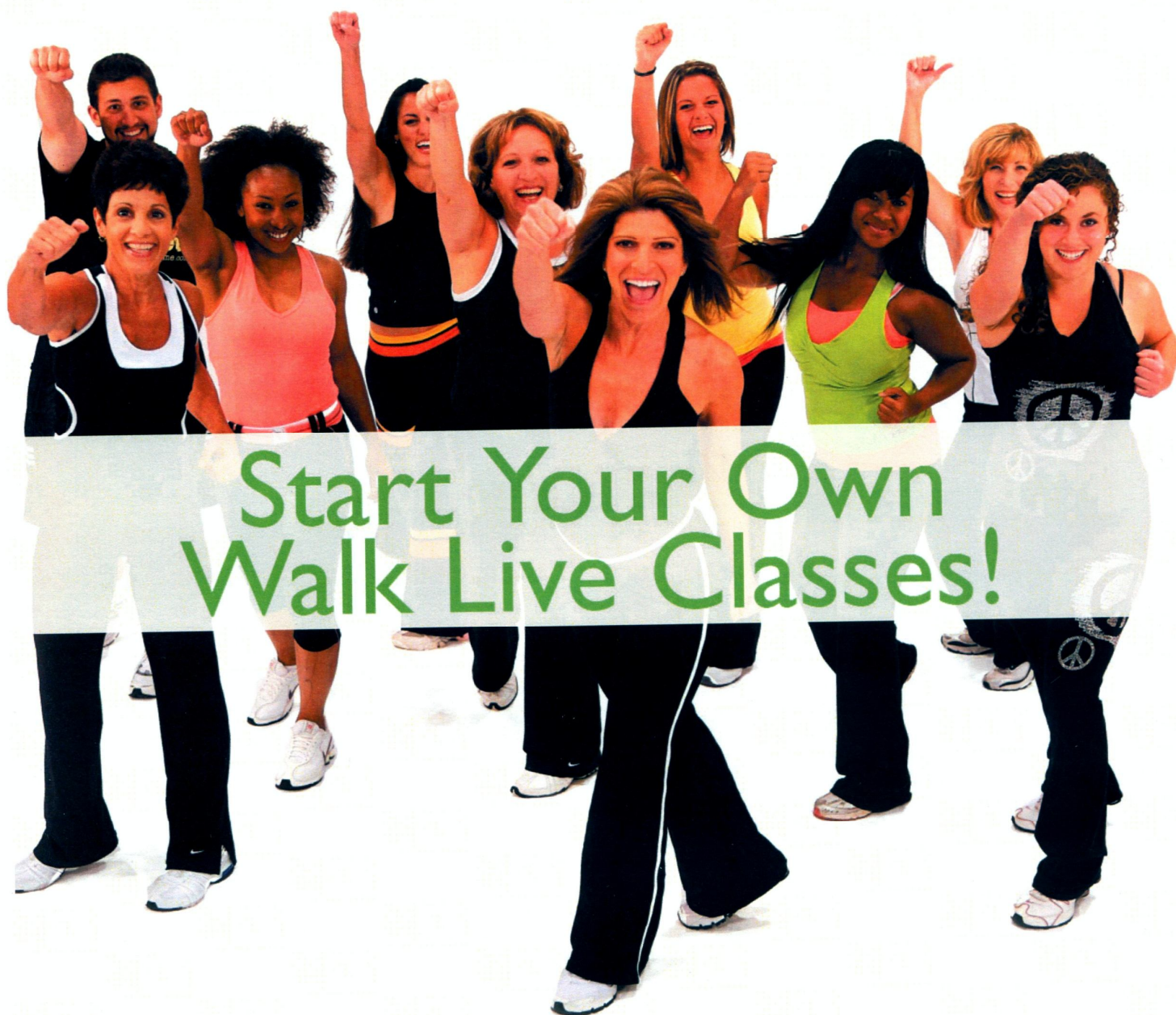
Please call or email me with any questions or to book a 2015 seminar date.

Sincerely, John Figarelli, NFHOF Founder

(630) 865-5512

**The NFHOF is a non-profit educational institution.**

# JOIN THE MOVEMENT!



## Start Your Own Walk Live Classes!

- The world famous **Walk at Home** workouts present **WALK "Live!"**  
Group Walking Classes based on Leslie Sansone's trademarked "Mile System!"
- Starting your own Walk Live Classes rewards you with being a respected Walk Leader in your community and offers you a healthy income!
- An investment of only \$300 starts your Walk Leader certification and your own business!

Leslie Sansone's

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**LIVE**

[www.walkathome.com](http://www.walkathome.com)