

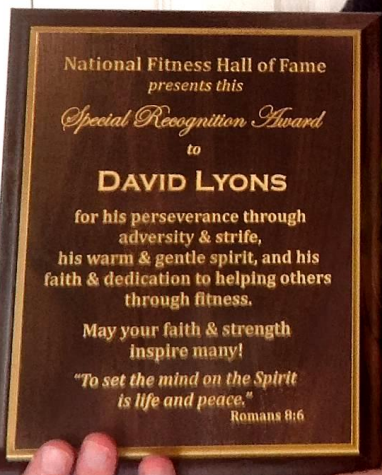
Educate ★ Motivate ★ Inspire

Official News-Magazine of the National Fitness Hall of

Spring 2017



**“Social Media;
a Necessary Evil?”**



“Strength in Adversity”

**Meet the
NFHOF
Class of 2017**

www.NationalFitnessHallofFame.com

CONGRATULATIONS



Elaine LaLanne



James "Doc" Counsilman

Class
of
2017



Jim Flanagan



Diane Hart



Greg Justice



Mary Ann Wilson

Bill, thanks for your service as Chairman!



"2016 was a great year with the National Fitness Hall of Fame. Our visits to Washington DC, working with two Surgeon Generals on our nation's fitness issues were an honor. This year, in April, I will be concluding my three year term as Chairman of the Board."

My induction into the National Fitness Hall of Fame in 2012 remains a highlight of my forty-year career in the fitness industry. I am grateful for all of the support I have received over the years. Thank you!" ~ Bill Crawford



From the Desk of the Founder...

“Who are They?” Back in October “They” said, “this winter was going to be the worst in years.” As it turned out it was one of the warmest winters ever in the Chicago-area with the least amount of snowfall ever. “They” also said that Donald Trump would never be President and we all know how that turned out. It’s time to stop listening to “They” and start listening to your head and your heart.



John Figarelli

The National Fitness Hall of Fame (NFHOF) was founded by John Figarelli on December 2nd, 2004 to provide a both physical and virtual place, where the lifelong efforts of individuals and organizations are acknowledged and showcased.

Mission: “To Preserve the Past while Promoting the Future of Fitness.”

The NFHOF conducts several educational outreach programs and supports many youth and health-related charities throughout the year.

That’s exactly what David Lyons is doing. You see David has MS (Multiple Sclerosis) and everyday he forgets about what “They” said and he marches on helping others to “Get Fit & Stay Health” all while battling his own condition.

David got the flu during the holidays when he was in Florida with his family and while on the plane ride home, he had an MS Attack. Within a few weeks of being home, David's MS exacerbation worsened. He was taken to the Emergency room where he had a full body scan MRI and the doctors found additional lesions on his spine and brain. He was now facing new numbness and paralysis on the right side and in his throat. “They” said he would probably be confined to a wheelchair and that his bodybuilding was coming to an end. But David did not accept what “They” had said and did what it took to get back to better health. With vigorous daily exercise, proper nutrition and a positive attitude, David got back into the gym and is inspiring others to do the same.

The NFHOF would like to thank Bill Crawford for his service as our Chairman over the last three years.

Congrats to the entire NFHOF Induction Class of 2017!

***A Spotlight on
David Lyons:
“Demonstrating
Strength in
Adversity”***



Kendra & David Lyons

When we first married, Dave's focus was on battling his Multiple Sclerosis with making a comeback in bodybuilding so he formed the MS Bodybuilding Challenge. This was his own personal challenge to overcome the horrible effects of MS by focusing on fighting it in the gym. After a year of fighting back from barely being able to walk and having total numbness on the whole left side, he entered a bodybuilding contest and won the Most Inspirational Bodybuilding trophy. That was in 2009.

What I find most inspirational about my husband is his drive to push forward no matter what the obstacle. He has a passion to share experience with others who have MS, so they too can find some hope in spite of their condition. So many people, from around the world, look at him and reach out for inspiration and then they just get to a gym because of his story. (cont.)

David has a heart of lion and is a fierce warrior who will continue on with his mission to find ways for him and other with MS live a quality life. ~ Michael T.

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As an RN, I began to see how working out benefited him so much with the MS symptoms and I wanted us to work with others to get the same results so together, David and I came up with our charity, called the MS Fitness Challenge. This charity provides personal trainers the opportunity to work with those with MS for 12 weeks in certain host gyms around the country. We feel the fitness part really does help battle the MS disease because it strengthens the body, which in turn gives a person some hope. Now they can take the focus off what they can't do and focus on what they now CAN do. Our motto for our charity is "Training gives HOPE."

What I appreciate most about Dave is his heart to help others even while he is battling daily. Dave is the role model for "Battling MS & Keeping Fit." ~ Kendra Lyons

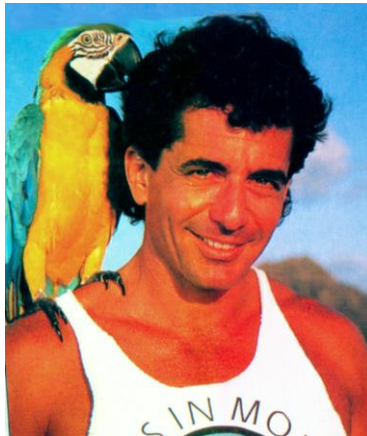
www.msfitnesschallenge.com

TRIVIA

Attention:

NFHOF Members

Here is May's Trivia Question.



Name the two
NFHOF
Inductees
pictured to the
left shouldering
a bird.

Enter your
answer at our
website –
Contact Us
page

www.NationalFitnessHallofFame.com

“Social Media a Necessary Evil”

by Clark Bartram (NFHOF Professional Member)

They say that times change, and boy is that hold true with this industry we all know and love. If you're like me you seen the transition from traditional print magazines being the holy grail to Instagram making celebrities out of many, who possibly cannot perform a proper squat. It's called evolution and unless we evolve as fitness professional, who've done this longer than most Instagram models have been alive, we'll soon fade off into history and lose our impact on the people we want so desperately to help and encourage.

I've improvised, and adapted to accepting the fact that, I too, must grow my social media following and I've found it to be fun and rewarding and has given my solid platform an even more solid foundation of potential. So, the moral of my little story is, let's learn from the younger fitness professionals, in which many of you have paved the path for, and become social media savvy and reach an even larger audience that we can share our personal and professional approach to helping people change their bodies and life.



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FUN FOR ALL!

Plan your visit to the National Fitness Hall of Fame's Museum in beautiful downtown Minooka, Illinois.



The NFHOF's museum contains hundreds of rare & interesting fitness memorabilia.

On loan from Elaine, the "Godfather of Fitness" Jack LaLanne's statue is a photo-op favorite for many visitors.

<http://www.nationalfitnessshalloffame.com/nfhofmuseum.html>

On July 30, 2017, Arnold will be turning 70 years young.
The NFHOF is producing a special Birthday Card-
Booklet for him. If you would like to participate, please visit:
<http://www.nationalfitnesshalloffame.com/arnoldsbday.html>

HAPPY 70TH BIRTHDAY ARNOLD

From Your Friends at the
National Fitness Hall of Fame

Arnold Schwarzenegger



2005 NFHOF Inductee



A Keepsake Collectible Publication