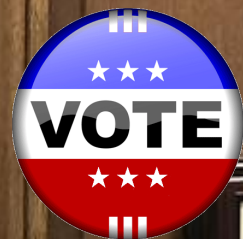


Educate * Motivate * Inspire

Official News-Magazine of the National Fitness Hall of Fame

Fall 2018



**Dr. Kenneth
Cooper, MD –
NFHOF “Lifetime
Achievement
Award”
Recipient for
2018**

**VOTE for
BILL! – pg 8**

TRIVIA – pg 7

**Who are the
the
2018 Fan
Favorites?**



**NFHOF's 1st Fitness Warrior
Gayle Horowitz – page 5**

www.NationalFitnessHallofFame.com





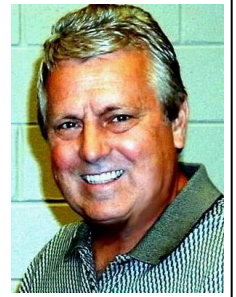
The National Fitness Hall of Fame (NFHOF) was founded by John Figarelli on December 2nd, 2004.

Mission: To recognize and support fitness professionals for their dedication to helping others "Get Fit & Stay Healthy" and provide programs and services that helps all individuals achieve a better level of health and fitness.

The National Fitness Hall of Fame conducts several educational outreach programs and supports many youth and health-related charities throughout the year.



From the Desk of the Founder...



There is so much happening at this time of the year at "The Hall" that I must be brief. Here is a quick update.

We are in the middle of our Fitness Warrior's Challenge where individuals can earn special "Warrior Tags" for completing various tasks: Helping, Preparing & Performing. Gayle Horowitz has already completed all of the requirements to be called a [NFHOF ULTIMATE WARRIOR](#). CONGRATS! You can see her story on page 5.

Back in September I had the honor of presenting Dr. Kenneth Cooper, MD with "The Hall's" "Lifetime Achievement Award." Learn more about our 2005 Inaugural Inductee on page 3.

We hope you can plan on participating in our special 15th Anniversary Induction Weekend Celebration! (4/27-4/28)



We have a great [Trivia Question](#) for you on page 7 and you can vote for this year's [BEST OF THE YEAR AWARDEES](#) at our website. (More details page 7)

We want to encourage anyone in the Scottsdale area to go out and vote for one of our favorite people, Bill Crawford. Bill is bidding for a spot on Scottsdale's City Council and is running a refreshingly positive campaign.

I wanted to end this message with a short snippet of Christian D. Larsen's inspiring poem for everyone to enjoy and think about.

"Promise Yourself"

To be so strong that nothing can disturb your peace of mind.

To talk health, happiness, and prosperity to every person you meet.

To look at the sunny side of everything and make your optimism come true.

To be just as enthusiastic about the success of others as you are about your own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful countenance at all times and give every living creature you meet a smile.

To give so much time to the improvement of yourself that you have no time to criticize others.

Best wishes to you all and an early "Happy Thanksgiving!"

Sincerely, *John Figarelli* – NFHOF Founder

NEW EXHIBIT COMING SOON (page 4)



Dr. Kenneth Cooper, MD

2005 NFHOF Inductee

NFHOF's "Lifetime Achievement Award" - 2018

At age 87 and having logged more than 38,000 miles running, Kenneth H. Cooper, MD, MPH, sets an example for maintaining a healthy lifestyle by exercising at Cooper Aerobics Center on a regular basis, along with his wife, Millie, daughter, Berkley, son, Tyler, and their families. Dr. Cooper serves as Chairman of seven health and wellness companies and The Cooper Institute 501(c)(3).

For 50 years, Dr. Cooper has inspired millions to exercise for good health beginning with the release of his first best-seller, *Aerobics*. Today Dr. Cooper is revolutionizing health and fitness again—calling on America and the world to Get Cooperized™. As a leading pioneer of preventive medicine, Dr. Cooper challenges everyone to follow these “8 Healthy Steps” to live better both sooner and later: maintain a healthy weight; make healthy food choices most of the time; exercise most days of the week; take the right supplements for you; do not use tobacco; control alcohol; manage stress; and get a regular, comprehensive physical exam.

A grandfather of five, Dr. Cooper is passionately involved in the fight against childhood obesity. In Texas, Dr. Cooper was instrumental in getting physical education back in schools through the passage of Senate Bill 530 that requires enhanced PE activity levels and annual physical fitness testing using FitnessGram®. Since then, The Cooper Institute has partnered with NFL to bring FitnessGram to more than 1,000 schools nationwide. Reaching across the globe, The Cooper Institute partnered with the Hungarian School Sport Federation to establish a national youth fitness assessment in Hungary. In 2015, the new fitness test was administered to approximately 934,000 children in Hungary.

Dr. Cooper has lectured in more than 50 countries and is most famous in Brazil having trained the 1970 Brazilian soccer team to a World Cup victory. As a result, jogging is translated as “coopering” in Portuguese. Dr. Cooper’s mark has also positively impacted the American diet. His collaboration with PepsiCo to eliminate trans fats from its Frito-Lay snack line started an international wave other companies have followed.

During his 13 years of service in the U.S. Army and U.S. Air Force, Dr. Cooper served as a flight surgeon and director of the Aerospace Medical Laboratory. He developed the 12-minute and 1.5-mile fitness tests and the Aerobics Point System, used today by branches of the military, schools and organizations worldwide.

Past NFHOF Lifetime Achievement Award Recipients

2009 - Bob Delmonteque

2010 - Bill Pearl

2011 - Jim Lorimer

2012 – Jack LaLanne

2013 – Paul Bernstein

2014 – Bernarr Macfadden

2015 – Gilad Mark

2017 – Bob Gajda

2018 – Dr. Kenneth Cooper, MD

We're rolling out
The Red Carpet for the
National Fitness Hall of Fame's
15th Anniversary Induction Ceremony Celebration



On Sunday April 28th, 2019

6pm-9pm

*Join Master of Ceremony, Bill Crawford
and other
Superstars of Fitness in a
"Night to Remember"*

*Medinah Shriners Banquet Facility
550 Shriners Dr, Addison, IL 60101*

*For tickets contact
John @ nationalfitnesshalloffame@gmail.com*

(Limited Seating - Get Your Tickets Early)



NEW EXHIBIT COMING SOON

Our new "Fitness For All" exhibit and publications will educate and motivate the public and serve as a beacon for some of the best health & fitness related companies to showcase their products and services.

This fantastic exhibit will debut at a special expo being held during the NFHOF Induction Weekend the Chicago-area on April 28th 2019. We invite all to come and participate. Tickets will be available soon at our website.

www.nationalfitnesshalloffame.com

The National Fitness Hall of Fame's first Ultimate Warrior - Gayle Horowitz

"I am recently retired after 25 years of teaching middle and high school health and physical education. I was an athlete my whole life. I competed in judo, softball and bicycle racing. Injuries and life took their toll. I have had multiple knee surgeries, shoulder surgery, spinal fusion, neurological issues from many concussions and now I am at the beginning of early onset dementia.

That all sounds pretty bad but I have friends and my amazing 11 year old twin sons. While I am not physically or cognitively the same person I was....I make up for it all in heart. The picture is of me with my boys from last summer." ~ Gayle





There is Still Time to Join!

Sign-up today! I know you will stay motivated to improve your fitness through regular exercise this fall, expand your mind by learning more about fitness history and enrich your soul by inspiring & helping others!

~ Good Luck and Thanks for Taking the NFHOF's Fitness Warrior Challenge! ~

www.NationalFitnessHallofFame.com

Sincerely, John Figarelli – NFHOF Founder





MEMBER SPOTLIGHT on Clark Bartram

Age: 54 **City:** Escondido
State: California



Clark has earned his reputation as "America's Most Trusted Fitness Professional." As a professional fitness model, Clark has appeared easily on the cover of over 130 fitness publications and is considered one of the most successful models in the industry. "As a former Marine he learned many things that are still with him today, like "always be ready!"

As a personal trainer, Clark has helped thousands of men and women transform their bodies and their lives. In addition he regularly contributes articles to national fitness magazines. Clark is a devoted husband and father.

Website: www.clarkbartram.com

Residence: Escondido, CA

Years in the Industry: 30+

Accreditations: ISSA Master Trainer & DETC
Distinguished Student

The National Fitness Hall of Fame presents the 2018 "BEST OF THE YEAR" Awards based on Fan Favorite Voting

The public can vote anytime between
Nov. 5th & Nov. 25th (2018)
at our website
www.NationalFitnessHallofFame.com

10 "BEST OF THE YEAR" CATEGORIES:

1. Favorite Personal Trainer
2. Favorite Group Exercise Instructor
3. Favorite Sports Medicine Practitioner
4. Favorite TV Fitness Show
5. Favorite Fitness Celebrity
6. Favorite CrossFit Gym
7. Favorite Fitness Center –
(Independent, Owner-Operated)
8. Favorite Health Club (Chain or Franchise)
9. Favorite CrossFit Gym
10. Favorite EMI Cover

The "Best of the Year" Award Ceremony will be held in Minooka, Illinois on Sunday evening 12/2/2018 and can be seen via FACEBOOK LIVE

TRIVIA

Which NFHOF Inductee is 1st person to bring "Personal Training to the Masses?" He is the creator of the "Modern-Day Personal Training Industry."

Submit your answer at -
<http://www.nationalfitnessshalloffame.com/enews/wsmagazine.html>



Hall of Fame Inductee running for Scottsdale City Council



Bill Crawford is a proud business owner who has had the privilege of owning and operating his own businesses for over 40 years. Bill and his wife Debbie currently own and operate Basic Training MedX in Downtown Scottsdale and have for the past 20 years.

Basic Training MedX is a state of the art fitness and strength training center that provides memberships, professional science-based training services and weight loss programs using the finest equipment available anywhere.

The Crawford's dedication to personal service, knowledge and motivational skills help clients attain their fitness goals worldwide.

Bill has been a leader and visionary in fitness since 1977. He has owned and developed fitness and rehab facilities around the world. His expertise and unique ability to connect and change the lives of people from various backgrounds has earned him national recognition.

In 2012, he was inducted into the National Fitness Hall of Fame (NFHOF) for his life's work and contribution to the industry. In addition, he was elected to chair the NFHOF board from 2015-2017. Bill also represented the NFHOF in Washington, DC and worked with two U.S. Surgeon Generals' - Regina Benjamin and Vivek Murthy - along with the American College of Sports Medicine and others on national fitness policies.

Bill Crawford's commitment to Scottsdale goes far beyond the fitness industry. He has invested valuable time and resources in community service.

For more info visit: www.crawfordforscottsdale.com

"BEST IN THE BUSINESS"

Trainers ★ Instructors ★ Educators ★ Doctors

THE NATIONAL FITNESS
HALL OF FAME'S
ANNUAL SHOWCASE
OF OUR ACTIVE
INDUCTEES
& PROFESSIONAL
MEMBERS

2
0
1
8



EDUCATE ★ MOTIVATE ★ INSPIRE