

# Educate \* Motivate \* Inspire

Official News-Magazine of the National Fitness Hall of Fame

Congratulations 2019 Hall of Fame Inductees & Awardees!



[www.NationalFitnessHallofFame.com](http://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...*

Finally, Summer is Here!

In Chicago we went from a "Poplar Vortex cold enough to make a snowman shiver to a "Solar Vortex" hot enough to fry an egg on the Sidewalk; all in five months. In-between however, we had the best ever National Fitness Hall of Fame weekend event!



We also launched our "Fitness For All" Traveling Expo and announced the recipients of the NFHOF's Fitness Firsts Awards. You can see the complete list at our website: [NationalFitnessHallofFame.com](http://NationalFitnessHallofFame.com)

Enjoy this issue of  
*E\*M\*I* and "Say Cool!"

Sincerely,  
*John Figarelli*



*The National Fitness Hall of Fame is celebrating its 15<sup>th</sup> Anniversary year as the only non-profit organization in the Nation that recognizes the career achievements of America's health and fitness professionals and preserves their legacy in a national museum.*



NFHOF Professional Member, Shay Vasudeva being interviewed in front of the new "History of Fitness" display.

## Inductees of the National Fitness Hall of Fame – 15<sup>th</sup> Anniversary Celebration – April 28, 2019



**Melissa Orth Fray- '10      Brenda Dykgraaf- '13      Forbes Riley- '10      Esther Gutiérrez Sloan- '10**  
**Bob Gajda- '08      John Figarelli- Founder      Greg Justice- '17      Jim Everroad- '11      Anibal Lopez- '13      Joe Lupo- '15**  
**Dr. Bob Weil, DPM- '19      Bill Crawford- '12      Gilad Janklowicz- '07      Lance Dreher- '19      David Lyons- '19**

## National Fitness Hall of Fame - "15 Years and Counting!" (2004-2019)

Wow, what a wonderful weekend, except for the late April snowstorm that hit on Saturday night. (The good news is that it all melted by the next day). On Saturday evening, during our VIP Meet & Greet, the National Fitness Hall of Fame recognized, 2007 NFHOF Inductee, Gilad Janklowicz with a "First in Fitness" award for being the first person to host a national television fitness show, *"On-Location."* Prior to Gilad, all TV fitness shows were recorded in studio. After Gilad introduced the "on-location" concept, fitness participation exploded! (FYI - Gilad has been doing this now for a record 36+ years!) Fellow Hall of Famer, Brenda Dykgraaf provided a wonderful and heartfelt introduction to her good friend and long-time associate, Gilad.



The next day, at noon, everyone was invited to participate in the launch of the NFHOF's new "Fitness For All Traveling Expo." Participants checked-in and received a fitness scorecard where they recorded their results from the several fitness stations that were set-up. Their knowledge of fitness history was also tested and they got to use the new "History of Fitness" display as a "cheat sheet" to get some of their answers. During the expo, Gilad and Jackie Lupo (NFHOF Professional Member) lead an epic, impromptu exercise class where many Hall of Famers joined in the fun.

After a brief rest bit everyone got primed and proper for our Gala event, the 15th Annual Induction Ceremony and Awards Dinner. Red Carpet interviews were conducted by local celebrity, Don "The Don of Sports" Figarelli and M/C honors went to Bill Crawford (2012 NFHOF Inductee). The newest inductees, David Lyons, Lance Dreher and Dr. Bob Weil, DPM, all were in attendance to meet both past inductees and spend time with their adoring fans and family!

The event was held at the beautifully ornate Medinah Shriners Banquet Hall in Addison, Illinois. NFHOF founder, John Figarelli thanked its Gold Sponsor, Bragg Live Foods and its fantastic volunteers for supporting this terrific organization and event.



NFHOF Professional Member, Big Lee Roupas with Isabelle & Nicholas Figarelli



2019 NFHOF Inductee  
David Lyons & wife Kendra



2015 NFHOF Inductee & 2019  
"Lifetime Achievement Award"  
recipient – Joe Lupo with wife  
Sandy and daughter, Jackie

## Aerobics - Written by Steve Speyrer

Innovative Instruction With Steve Speyrer, Drug-Free Champion & Trainer of the Classic Anatomy Gym

People ask me my opinion about doing aerobics. I tell them that I've tried training both ways, with aerobics and without. And honestly, to tell you the truth, I've built more muscle with less body fat, when doing no aerobics at all!

My body was able to retain more muscle while dieting away excess body fat through proper exercise and diet, more so than with extra exercise. My current nutrition and exercise program keeps me in the peak of shape at all times, while improving. I did try the old bulk up and train down method and that proved a waste of time for me, as the extra weight that I gained during the process had to be removed when it was time to cut up. It's far better to stay in shape, while making improvements. Besides, it's better for your health and blood pressure to remain at a constant bodyweight than to fluctuate very often.

People that I've successfully trained, even champion bodybuilders, never did aerobics. We relied on strict training and diet to do so. If someone wants to do aerobics and the purpose is to reduce excess body fat, I advise them to perform it first thing in the morning, on an empty stomach for a session lasting about 10-15 minutes at a moderate pace. This way your body is carbohydrate depleted and you will actually begin to burn stored body fat for fuel in the process.

If you do aerobics after eating a carbohydrate meal, your body will burn the sugar from the carbohydrates, instead of stored body fat. Either way, your cardiovascular system will receive a *workout*, but *your body fat will remain*. *If you're going to do aerobics, why not kill two birds with one stone and do it first thing every morning?*

Everyone has 10-15 minutes a day to do their aerobics sessions, instead of 30-45 minute marathons. It's better to do 10-15 minute sessions daily, instead of 30-45 minutes of aerobics, once in a while. Whatever you decide to do, make it a habit. Consistent diet and exercise is the key to fitness, for long term benefits!

--*Steve Speyrer*, Classic Anatomy Gym / NFHOF Professional Member



### Jackie Lupo's tip for staying fit in the summer:

As a long term Miami Beach resident I am used to being in very hot temperatures. Hydration is the most important thing to remember when exercising in extreme heat. I also switch up my gym routines for water activities such as swimming and walking in the water on the beach. After the workout I indulge in delicious summer fruit like watermelon and cantaloupe which naturally contain a high amount of water. Hope this helps!

**Enjoy your summer and stay fit!**

*Jackie*, NFHOF Professional Member



## MAKE FRIENDS! HAVE FUN! GET FIT!

by June Kittay- NFHOF Professional Member

Would you like to increase your energy, range of motion, coordination, balance, improve your posture, enhance your cardiovascular health, reduce your stress, and maybe even take off a few pounds? If your doctor had a pill that could do all these things, would you take it?

We all know, staying active, involved, and moving is one of the best ways to stay healthy and fit; proactively reducing the effects of aging. It may sound too good to be true, but line dancing may be the answer you're looking for!

Let's have a quick review of what line dancing is, the benefits, research, and rewards of this type of movement. Line dancing is simply a choreographed dance with a repeated sequence of steps, in which a group of people dance in one or more lines or rows all facing the same direction and executing the steps at the same time. It can be done facing one direction or turning to the sides or back wall and repeating the same steps.

You are probably thinking, "I can't dance!" or "I can't remember all those steps!" or "Country music isn't my thing." Well, let's dispel all those myths. First, if you can walk, you can march, if you march, you can dance. Dancing is simply marching to music. Next, follow the KISS rule, "Keep it simple, silly!" And finally, line dancing is done to all types of music, if you have a song, there is a dance, or we can make one up!

Quite simply, the benefits of line dancing are simply too long to list! Line dancing engages the mind, body, and spirit, proactively reducing the signs of aging. And no partner or expensive equipment is necessary!



Studies done by the Mayo Clinic, The National Heart, Lung, and Blood Institute, and The Albert Einstein College of Medicine, just to name a few, all substantiate dance as an excellent exercise form. According to a study in the New England Journal of Medicine, the only physical activity to offer protection against dementia was frequent dancing which lowered the risk of developing Alzheimer's by a dramatic 76% (Joe Verghese, 2003). Line dancing was even found to outperform reading, doing crossword puzzles, and playing a musical instrument when it comes to cutting the risk of Alzheimer's. (Powers, 2010).

Keep in mind, before psychiatrists, psychologists, and anti-depressants, there were friends, family, music, movement, and dance! Dancing alleviates social isolation, leads to continued engagement with life, and may even hold promise for successful aging. Dancing is used today to treat everything from eating disorders, to autism, to depression. Line dancing is a low impact, bone bearing exercise and is appropriate of all ages, sizes and abilities.

Music is the elixir of life! So, find upbeat positive songs you love. Get up, put a smile on your face, and start dancing! Yes, you can!

**June Kittay is recognized by the National Academy of Sports Medicine and the Athletic Fitness Association of America as an Approved Continuing Education Provider for her program, "Line Dance Young and Old."**

## MEMBER SPOTLIGHT on Steve Speyrer

Age: 53 City: Leonville  
State: Louisiana



A Body Sculptor is interested in health and beauty of the physique. It all started when my mother received her copy of *Family Health* magazine. I'd seen musclemen in comic book advertisements, but knowing that comics were just fantasy and

not reality, I never really took them seriously, until I saw this particular issue.

What caught my attention was that this was an actual person and real? What attracted me to it was that, it was something different. It was not a means to become "superior" or superhuman, but being unique... caught my interest to this day!

**Website:** [www.ClassicAnatomyGym.com](http://www.ClassicAnatomyGym.com)

**Residence:** Leonville, LA

**Years in the Industry:** 35+

**Bodybuilding:** I began training in 1977 and won the "Drug-Free" titles of: Mr. Louisiana / Mr. Southern States / Mr. USA / Mr. Southern World / Mr. Universe / Power Surge Powerlifting Championships and many other competitions.

**NFHOF PROFESSIONAL MEMBER**

## TRIVIA

Who is the 1<sup>st</sup> person  
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PRESENTS

**15** **FITNESS  
FIRSTS**  
A NFHOF ICON EXHIBIT

(Check out the entire online exhibit at our website)

### Upcoming for 2019

**AUG** - NFHOF's presents  
"America's Fitness Favorites"

**SEPT** - *Fitness Warriors Challenge*  
- "Warriors against Multiple Sclerosis"

**OCT** – National release of the  
NFHOF's "Fitness For All" Kits

**NOV** – Release of "Today's Top  
Trainers" Showcase Book

**DEC** – 15<sup>th</sup> Anniversary Keepsake  
Yearbook and Collectible Coin.

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