

# Educate \* Motivate \* Inspire

Official News-Magazine of the National Fitness Hall of Fame

Winter 2019

Join Us This April for  
the Fitness Celebration  
of the Year!  
Our 15<sup>th</sup> Anniversary:  
2004-2019



**Special Recognition Awardees**  
Arnold Schwarzenegger & Gilad Janklowicz



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



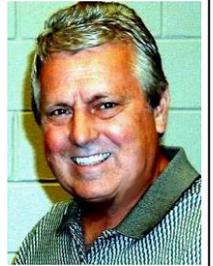
The National Fitness Hall of Fame (NFHOF) was founded by John Figarelli on December 2nd, 2004.

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...*



Hello & Happy New Year!

In 2019, 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 health and fitness professionals and preserves their legacy.

Our mission is to recognize and support fitness professionals for their dedication to helping others "Get Fit & Stay Healthy" and provide programs and services that help all individuals achieve a better level of health and fitness will remain our focus in 2019.

I would like to personally invite all of you to our Induction Weekend Celebration and have you be a part of this historic gathering of top-level fitness professionals. You will find a special invitation from this year's Master of Ceremony, Bill Crawford on page 5. Meet and mingle with this year's inductees as well as many past inductees and awardees. A fun and memorable time is guaranteed!

During the Induction Weekend we will be debuting our new, "Fitness For All" exhibits as well as many others. (More information on pgs 3-4)

Thanks to NFHOF Professional Members, Donna Fatigato and Shay Vasudeva for providing some great suggestions and recipes for starting off a healthy new year! These can be found on pages 7-10.

Make sure to turn to page 11 to see where our Member Spotlight is shining and you can also try and answer our terrific trivia question for a chance to win a great prize.

Finally, if your teaching involves functional training I would like you to contact me so that we can include you in a new NFHOF publication. (Details page 12)

I wish you well in the New Year.

Sincerely, *John Figarelli* – NFHOF Founder

*P.S. – Please note that in 2019, we will be digitizing and sharing many of "The Halls" unique and historic museum items on our website so that so that everyone can be educated, motivated and inspired by the "History of Fitness." Make sure to check it out!*

# National Fitness Hall of Fame

# FITNESS FOR ALL

## “Get Fit & Stay Healthy Campaign”

### “Fitness For All” Exhibit & Expo debuts – Sunday 4/28/2018 @ Noon - Addison, IL

I want to thank all of you for supporting our new “Fitness For All” campaign. This campaign has several things, including a traveling expo with interactive exhibits, educational handouts, self-help instructional booklets, online promotional activities and more!

#### Our 2019 “Fitness For All” - Fitness Superstars

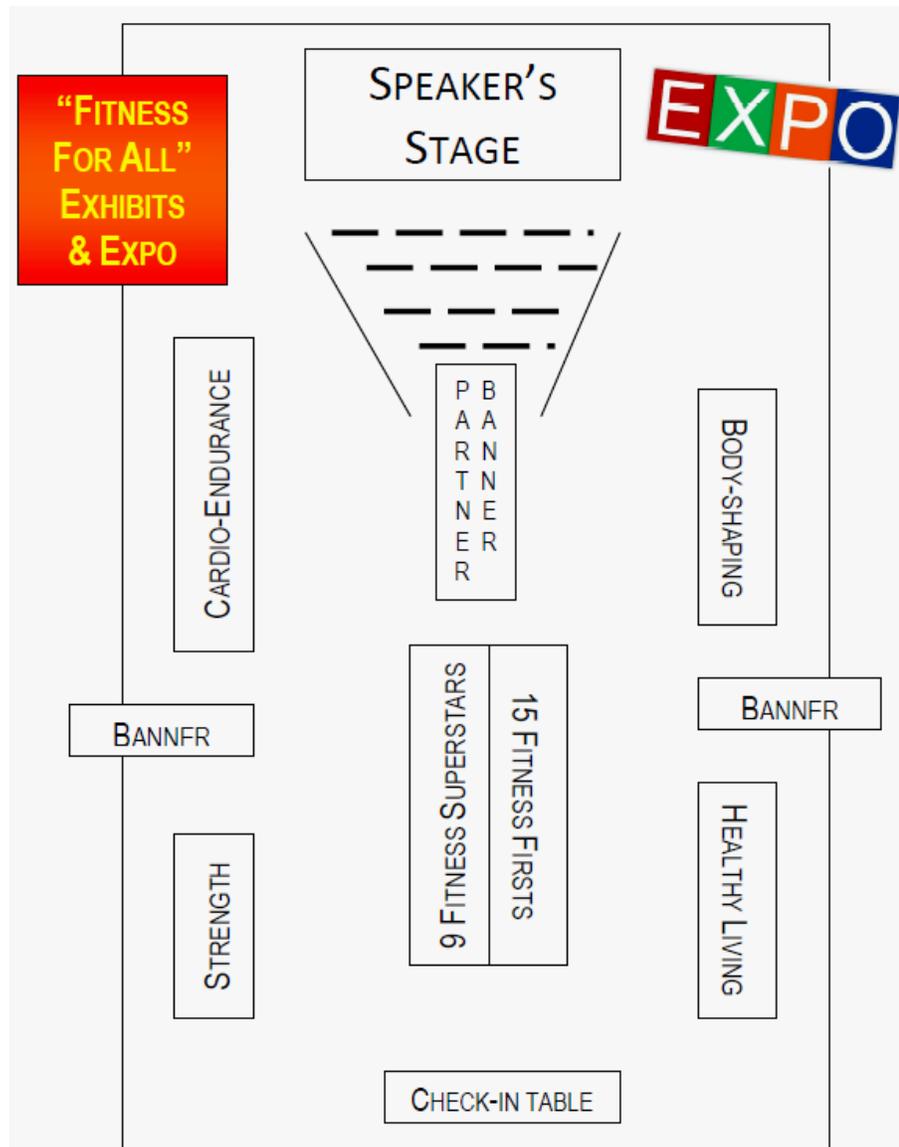
Bill Crawford | Greg Justice | David Lyons  
Gregory Johnstone | Dr. Robert Haley, DC  
Shay Vasudeva | John Figarelli | CarolAnn

Goal: Help motivate and inspire over 50,000 Americans to “Get Fit & Stay Healthy” over a 2-year period. (2019-2020)

Target Audience: Individuals, young and old, who may understand the importance of regular exercise and healthy living, but do not fully incorporate them into their daily lives.

For tickets go to:

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



National Fitness Hall of Fame

# FITNESS FOR ALL

"Get Fit & Stay Healthy Campaign"



## BUILDING STRENGTH

"Easy Ways to Develop Strength & Power"

HELPFUL ADVICE & TIPS FROM  
NFHOF FITNESS SUPERSTARS

National Fitness Hall of Fame

# FITNESS FOR ALL

"Get Fit & Stay Healthy Campaign"



## Cardio Endurance

"Running, Jumping, Walking & More!"

HELPFUL ADVICE & TIPS FROM  
NFHOF FITNESS SUPERSTARS

National Fitness Hall of Fame

# FITNESS FOR ALL

"Get Fit & Stay Healthy Campaign"



## Bodyshaping

"Improve Your Shape & Feel Great!"

HELPFUL ADVICE & TIPS FROM  
NFHOF FITNESS SUPERSTARS

National Fitness Hall of Fame

# FITNESS FOR ALL

"Get Fit & Stay Healthy Campaign"



## Healthy Living

"10 Easy Steps for a Better Life!"

HELPFUL ADVICE & TIPS FROM  
NFHOF FITNESS SUPERSTARS

*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*

*You're Invited*

*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*



Greetings friends,

I would like to invite my fellow inductees to join my wife Debbie and me at the 15th Annual National Fitness Hall of Fame Induction Ceremony in Chicago this April 28th, 2019. This is a wonderful event where we can gather with industry icons, forge relationships and enjoy fellowship with fitness legends. I'm sure you appreciate the value of this prestigious accolade, especially if you are still active in the business.

As you may know, I believe the induction ceremony is the centerpiece of the National Fitness Hall of Fame. The experience of being recognized by our peers for our life's work in the industry is certainly a career highpoint. Being inducted into the National Fitness Hall of Fame is the pinnacle achievement in our industry. It is my honor to serve this year as the Master of Ceremonies. Debbie will be conducting "Red Carpet" video interviews with the inductees and special guests.

Your presence and support is not only essential to the continuance of the National Fitness Hall of Fame, but also a great honor to the new inductees who are experiencing a once in a lifetime event. Please make every effort to join us. We look forward to seeing you at the induction ceremony.

Yours for fitness, *Bill Crawford*

2012 NFHOF Inductee and former Chairman of the Board

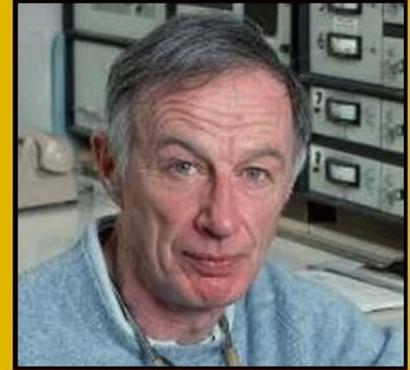


# National Fitness Hall of Fame

Induction Class of 2019

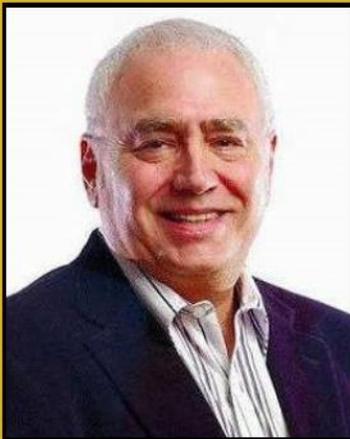


Lucille Roberts



Dr. George Sheehan, MD

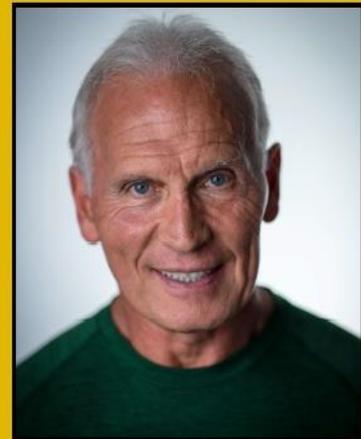
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Dr. Robert Weil, DPM



David Lyons



Lance Dreher

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## Come meet & mingle with these NFHOF Inductees during the 2019 Induction Weekend!

**David Lyons** is the author of Everyday Health & Fitness with Multiple Sclerosis; writer for Everyday Health; and has partnered with NFPT on his MS Fitness Training Specialist certification. He is the Senior Fitness Director of MS Workouts and the VP of Adaptive Sports for the United Intercontinental Bodybuilding & Fitness Federation (UIBFF).

**Dr. Robert Weil, DC**, prominent IL Sports Podiatrist, has treated an endless array of some of the world's best athletes in all sports in his specialty of orthotics therapy and foot, ankle strengthening. Born and raised in NY, he still practices his NY accent weekly on his show! For over 3 decades, in various venues, the show features topics on sports medicine, fitness, and wellness with a variety of local, national and international guests.

**Lance Dreher** is a highly successful lifestyle, diet coach operating a personal training, weight control business in Scottsdale, Arizona. Lance, aka "Dr. Fitness" has also been preaching "Fitness & Nutrition" on talk radio (IHeart Radio Phoenix) for nearly 28 years where he has become one the countries premier experts on wellness for baby boomers.

## “Reach your New Year's Resolutions by Creating Consistency” – by Shay Vasudeva

Many people set New Year's resolutions goals in January. But how many reach them? How many are still working on them come February?

When making goals for 2019, using the very popular and effective acronym SMART can be helpful (Specific, Measurable, Attainable, Realistic, and Time Bound). I would also recommend adding some action steps to create consistency to the goals. So, while making SMART goals towards your overall health is a great technique, consider taking these additional tools and techniques so you can stay on track:

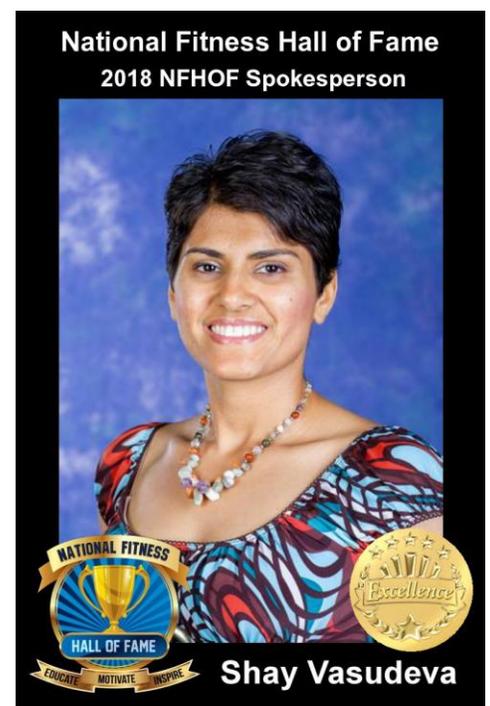
- 1) Set daily reminders: Whether you use an app, virtual calendar, or paper planner, you can input your goals just like you would with appointments and to do tasks.
- 2) Use a coach or fitness professional: Chances are, there are certified fitness professionals in your area that have experience leading people to their health goals. Working with one will add accountability, direction, and technical expertise.
- 3) Join a group program or class: This adds a social aspect to your health goals. You can meet like-minded people and increase your network. Joining a group can also add accountability, just like working with a fitness professional.
- 4) Use affirmations: Affirmations are positive tools that allow you to do, 'inside work.' By pep-talking yourself, you are providing yourself with emotional support. This type of support is beneficial on days where motivation is low.
- 5) Surround yourself with supportive people: Make a list of people in your family, friends, and professional network that will serve as 'balcony' people. These are people who can help to lift your spirits and help you achieve your goals when you

are feeling down or like you have hit an emotional plateau.

6) Stay away from 'basement people:' These are people who may drag us down for a variety of reasons such as making negative and judgmental comments. While we can't avoid these types of people entirely, we can limit our contact and how much we share about our health goals with them.

7) Using Mile Markers and check-ins: If you decide to work with a coach, fitness professional, or group, they can help you schedule mile markers along the way. They can also do periodic check-ins like body weight and composition measurements. If your health-related goals require blood work and medical tests, creating mile markers and check-in dates will help you keep track of contacting your licensed medical providers to run the exams and review them with you. You can also schedule these into your calendar as reminders.

Creating consistency can allow you to work towards a goal on a regular basis until the desired results are reached. Staying the course with your goals can be challenging. All sorts of hurdles may appear like life events, not seeing results as fast as expected, physical & emotional plateaus, work deadlines, and family commitments. By using SMART, you can provide structure towards your goals. By taking some of the actions listed above, you can add valuable consistency creating tools and techniques to the process.



## “Skip the Resolution and Find a Solution!” – by Donna Fatigato

It is the beginning of a New Year where many people jump on the New Years’ Resolutions band wagon with determination, right? Well, I hate to be the purveyor of bad news but most people who set New Year’s resolutions do not keep them. The true definition of a resolution is the act of simplifying. I don’t know about you but come January the last thing I need to do is put time consuming and unrealistic goals and demands on my already filled plate. I have yet to meet a resolution that was an act of simplifying. Generally, most resolutions are an attempt to make up for all we don’t do over the past year. Which ends up being nothing more than an exercise in guilt. Since we naturally have an overabundance of that, why not try something different?

Rather than looking at resolutions, think about a solution. A solution is an actual answer to a

problem. For most of the clients I work with, inactivity, poor nutrition choices and yo-yo dieting are the problem. Therefore, I help my clients to focus on taking small steps to change the bad habits into good habits. So, the solution is ‘baby steps’ toward developing a healthy lifestyle. For many, the ‘baby step’ approach makes far more sense than completely overhauling your life in a week. I generally encourage my clients to select one change they would like to make in order to improve their health. Then I tell them to stick with that change until it becomes a habit, generally 28 days. Once that happens, they have made the changes necessary to reach their goals by positive steps toward permanent changes with realistic expectations.

You Can Do It! It is as simple as 1, 2, 3 . . . Set your intention, keep your goal forefront in your mind and put your goal in motion with action. Make it a healthy 2019 and when the holidays roll around again, come January, you will be a year ahead - a year healthier!

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### New Year, New YOU! Quotes and Thoughts to Live By . . .

Inspirational and motivational quotes can impact the way that you think and the way that you live. They are gentle reminders to encourage you to do the right thing, stay on your life path and never give up until you have reached your goals, your dreams, your prize. These are some of my favorite quotes that I used throughout my book, ‘Q2 ~ A Healthy Recipe for a Balanced Life’. Keep the following quotes forefront in your mind to help you stay on track.

- *Kick your bad habits by recognizing and changing your routine.*
- *Change your efforts to realistic solutions!*
- *Work on your weaknesses and fuel your strengths.*
- *Keep an open mind.*
- *Let go of past experiences!*
- *Get out of your own way!*
- *Our bodies were meant to move, not to keep still.*
- *You can’t cheat with bad eating and expect positive results.*



[www.q2fit.com](http://www.q2fit.com)

## **Creamy Broccoli Soup**

by Shay Vasudeva

Serves 2

To serve party of 4,  
double the recipe

Prep Time 15-20 minutes

Cook Time 45 minutes

Ingredients:

2.5 cups broccoli florets (fresh)

1/2 onion, chopped

1 garlic clove, diced

1-2 cups

vegetable/chicken/beef broth

(based on preference, lifestyle, and taste)

1 tbsp. ghee, butter, or olive oil (based on preference, lifestyle, and taste)

1/4 cup almond or coconut milk

1/4 tsp cumin

1/4 tsp oregano

1/4 tsp thyme

Sea salt to taste

Ground black pepper

Ground ginger to taste



**\*\*To make it Keto friendly, add organic whipping cream based on your macronutrient needs (if you are unsure of what this is, you can work with a nutritional professional and they can assist you)\*\***

Steps:

1. Melt ghee or butter over medium-high heat in a saucepan (if using olive oil, heat over low heat and turn up to medium-high for the next step).
2. Add garlic and onion to the saucepan, cook 2-3 minutes.
3. Add the broccoli florets and cook 3-5 minutes, occasionally stirring.
4. Add cumin, oregano, thyme and ginger.
5. Add broth, mix everything well.
6. Bring ingredients to a simmer.
7. Decrease heat to medium and cook 30 to 35 minutes.
8. Pulse the broccoli with an immersion blender until desired texture is reached.
9. Pour in the almond or coconut milk (and cream in order to make it keto friendly) and give pulse until mixed well.
10. Add salt and pepper to taste, heat another 2-3 minutes.

**Shepherd's Pie Remix** – Recipe created by Donna Fatigato, page 245 from 'Q2 ~ A Healthy Recipe for a Balanced Life' with over 120 healthy recipes.

***Winter comfort foods are very tempting, but it is easy to change them into a healthier version like the following recipe.***

***Warning: Tantalizing flavors, satisfaction and kind to your waist line.***



1 lb. boneless skinless chicken breasts, cooked – cubed or shredded (See other protein options below under Q2 Variation)

2 large baked sweet potatoes

2 cups various vegetables; zucchini, squash, carrots, onions, etc.

Fine-grain sea salt, to taste

Ground black pepper, to taste

**Q2 Tip:** This is especially easy to prepare if you prepare for the week and have these ingredients pre-made and ready to use. Bake whole sweet potatoes in the oven for the week so that they are ready to eat, accompany a meal or to combine in a casserole.

1. Steam the veggies until they are slightly softened. Season to taste with salt and pepper.
2. Place the chicken in a ramekin, put veggies on top and cap it off with a scoop of sweet potato. Ramekins are ready to eat OR store in the refrigerator until ready to eat.
3. To serve as a casserole, layer the chicken, veggies and sweet potatoes in a baking dish. For larger portion, double the recipe. Once in the casserole, place in the oven.

Bake at 350 degrees for 15 minutes. (Serves 6)

**Q2 Variation:** Use cauliflower, tempeh, turkey, pork or beef in place of chicken.  
**Q2:** 206 calories per ramekin/serving, protein 23.3g, carbohydrates 14.6g, fat 5.7g, fiber 0.6g.

## MEMBER SPOTLIGHT on Dr. Robert Haley

Age: 57 City: Lyndhurst  
State: New Jersey



Dr. Haley is a practicing chiropractic physician and nutritionist with over 25 years' experience in clinical practice. Dr. Haley was also a physical education instructor for five years in the NYC public school

system. He served as a part-time strength coach at Jersey City State College.

Dr. Haley is the author of "Impatient Nation" and was a regular contributor to "Train Hard Fight Easy" and "Train" magazines.

*Member of the New Jersey  
Martial Arts Hall of Fame.*

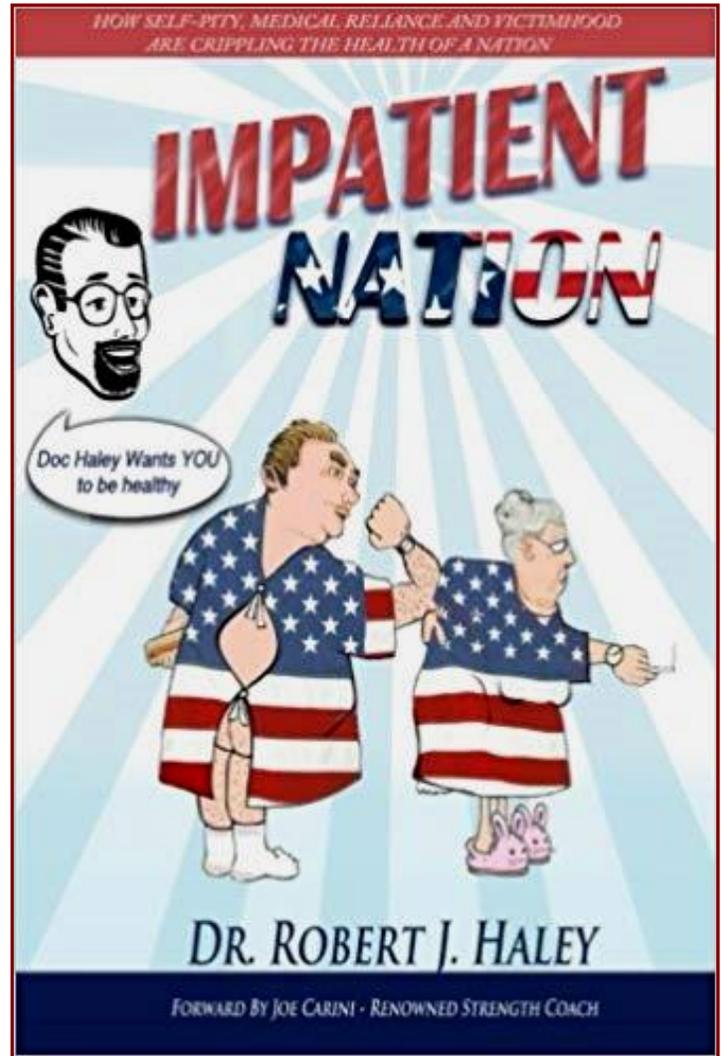
**Website:** [www.haleyhealth.com](http://www.haleyhealth.com)

**Residence:** Lyndhurst, NJ

**Years in the Industry:** 30

**Accreditations:** Certified Strength and Conditioning Specialist (CSCS), International Certified Chiropractic Sports Physician (ICCS), Diplomate Chiropractic Board of Clinical Nutrition (DCBCN) & Certified Nutrition Specialist (CSN)

**NFHOF PROFESSIONAL MEMBER**



## TRIVIA

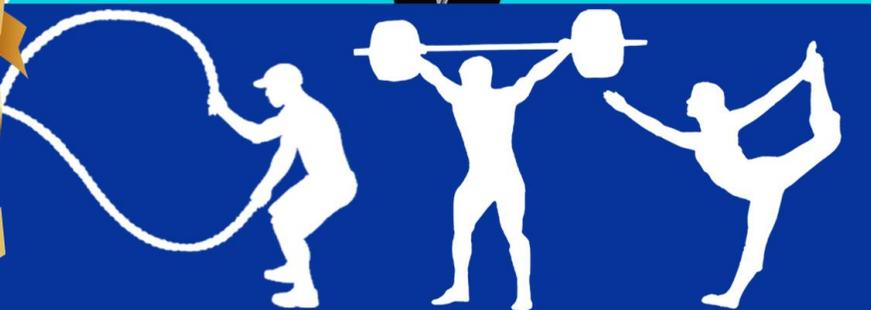


Who said  
the  
following:

**“We need  
‘Greasy-  
Fast’  
Speed!”**

Send your answer to  
[nationalfitnesshalloffame@gmail.com](mailto:nationalfitnesshalloffame@gmail.com)  
for a chance to win a great prize!

# DID ROCKY INVENT FUNCTIONAL TRAINING ?



INCLUDES a SPECIAL SHOWCASE  
of TODAY'S BEST GYMS & FITNESS STUDIOS

Fitness Instructors Wanted - If your teaching involves functional training we want you to contact NFHOF Founder John Figarelli to be included in this new publication. Contact John @ [nationalfitnesshalloffame@gmail.com](mailto:nationalfitnesshalloffame@gmail.com)