

"Happy 70th Birthday Tom"

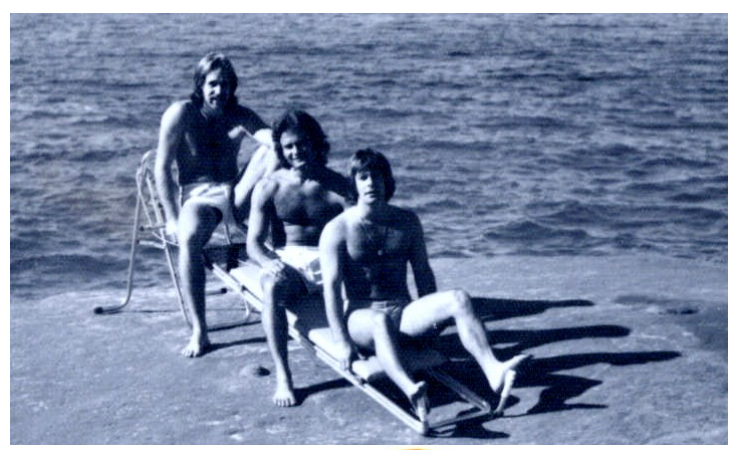


From Your Friends at the National Fitness Hall of Fame

2017



total gym



National Fitness Hall of Fame



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HAPPY 70th BIRTHDAY TOM!



" Thanks for all your contributions to Health and Fitness"

Yours in Strength and Health

Dr. Robert J. Haley
Chiropractor
Professional Member – National Fitness Hall of Fame



National Fitness Hall of Fame Class of 2013



Tom
Campanaro



Brenda
Dykgraaf



Clyde
Emrich



Anibal
Lopez

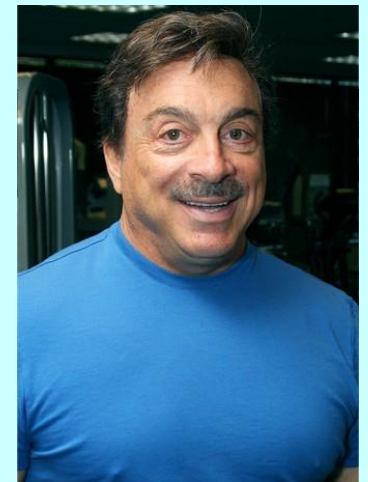
HAPPY BIRTHDAY TOM!

I met Tom Campanaro in 1971 at York Pennsylvania at the Mr. America show in which he competed. We re-connected some 25 years later when he was the owner of Total Gym and I was the founder of SMaRT, slow training. Both of us reminisced about the “old days” and how thankful we were to have had such wonderful careers in the exercise and health field.

Many folks don't realize the success that Tom has had and the work he put in to take Total Gym to the pinnacle of the fitness industry. He demonstrated exceptional drive and determination to get where he is. The great thing about Tom is that he has never changed. He is a good guy who helps people in his community with no fanfare, never seeking recognition or praise.

I consider Tom and his family to be real, caring and successful folks who epitomize what our industry strives for: Honest, down to earth, personable and successful. I, like all of us have been blessed to know “Tommy” and to hold him as a dear friend, pioneer and compatriot in the fitness and health movement.

Dr. Ben Bocchicchio -
NFHOF Professional Member



To Tom-
Happy Birthday! A toast to
70 years STRONG! Celebrating
who you are and the everlasting
impact you make by being you.

Big Hug,
Linda Shelton
2007 NFHOF Inductee



To Tom.... "Life is great when you're
in shape ...and 70..... You've got a
lot of time left...Happy Birthday!"

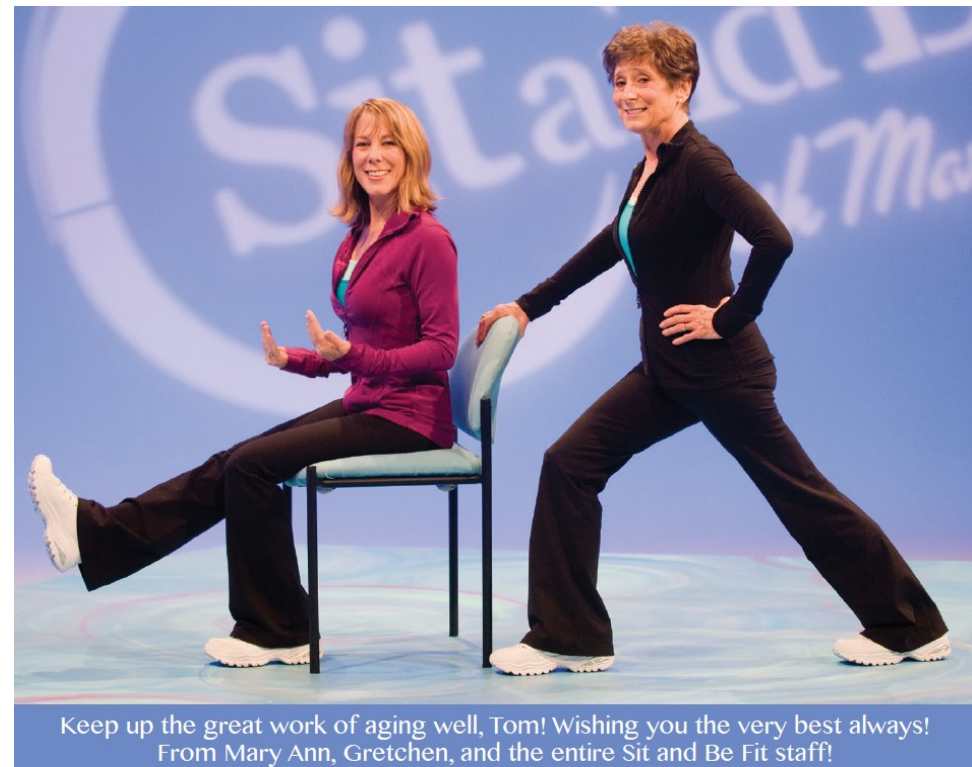
Healthfully, Elaine Lalanne – (91)
2017 NFHOF Inductee



Hi Tom...Happy Happy 70th
Birthday! We are just getting
started! Blessings !

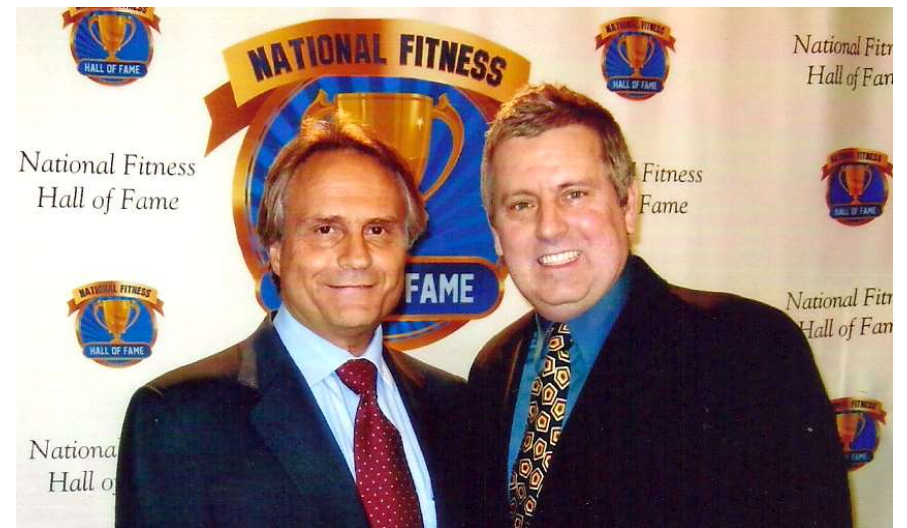
~ June Kittay (67) -
NFHOF Professional Member
- I'm right behind you!
Keep on Movin!

*"Lord, Let me live each day,
Trying to accomplish something,
Not merely to exist.."*



Keep up the great work of aging well, Tom! Wishing you the very best always!
From Mary Ann, Gretchen, and the entire Sit and Be Fit staff!

**Tom, "Happy 70th Birthday"
from John Figarelli & family**



ADDISON INDEPENDENT

*Mother's Day
Brunch*
Sunday, May 12
Seatings 9:30am - 2:30pm
Reservations are required, call or reserve online.
WHITE PINES
GOLF CLUB & BANQUETS
500 W Jefferson | 630-766-0104 x2 | whitepinesgolf.com
A Quality of Racineville Park Property

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Fitness Superstars gather to celebrate...

National Fitness Hall of Fame hosts 2013 induction ceremony

ADDISON — Following a week of flooding rains, it was nice to see "Rays of Sunshine" provided by the fitness superstars who participated in the 2013 National Fitness Hall of Fame Induction Ceremony. Induction into The National Fitness Hall of Fame is the highest honor a fitness professional can receive and those present certainly embraced the moment.

The evening's reception began with the mingling of family, friends and fans alike, all sharing warm greeting of congratulations and fun-filled stories as glamorous Red Carpet interviews were conducted by Addison's own, Don Figarelli, the "Don of Sports."

After dinner was served by the staff at the Glendale Lakes Golf Club in Glendale Heights, Illinois, the ceremony commenced with Hall of Fame founder John Figarelli presenting the "Volunteer of the Year" award to Walt Sloan. For several years, Walt has provided various support for the Hall with great slideshow presentations and graphic design work. He was very polished and thanked his beautiful wife, Esther Gutiérrez Sloan (2010 HOF inductee) for her support and inspiration.

Lifetime Achievement



courtesy photo

Honorees gather for annual Fitness Hall of Fame event

A good crowd turned out recently for the National Fitness Hall of Fame induction ceremony held at Glendale Lakes Golf Club. Along with the year of their induction into the HOF, the honorees included (l. to r.): Mark Rothstein ('11), Tom Campanaro ('13), Cathie Friedrich ('11), Nancy Claussen ('09), Brenda Dykgraaf ('13), Dr. Phillip Claussen ('09), Anibal Lopez ('13), Clyde Emrich ('13), Bill Crawford ('12), Frank Ruettiger ('12), Esther Gutierrez-Sloan ('10), and NFHOF Founder John Figarelli.

awarded posthumously to Bernstein.

The Hall of Fame's "Lifetime Achievement Award" was presented posthumously to the

late, great Paul Bernstein, "Mr. Physical Fitness USA" (2009 HOF inductee) for his tireless dedication of sharing his fitness philosophy to the Nation for

Robert, Eric and Heidi. The individuals who comprise the Hall of Fame Class of 2013 are: Mark Rothstein (2011 HOF inductee) was very majestic in his introduction and Paul's wife Sandy accepted on behalf of Paul and children

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2013 are well-known, not only in the fitness community, but also among the general public. It was nice to hear them thanking those persons who helped make their long careers so successful. The HOF Class of 2013 includes Tom Campanaro, Brenda Dykgraaf, Clyde Emrich and Anibal Lopez.

Mark Rothstein (2011 HOF inductee) had the privilege of introducing both Anibal Lopez and Tom Campanaro. Anibal Lopez, professional trainer and multi-titled bodybuilder gave a very warm and heartfelt speech as he thanked his family and loved ones. Tom Campanaro, inventor and CEO of the Total Gym was very out-going and well spoken. Tom also thanked his family making special mention to his wife of 38 years, Joy and his mentor and friend, 92-year-old John Biaselli, as being crucial to his success.

Cathie Friedrich (2011 HOF inductee) introduced inductee, Brenda Dykgraaf. Brenda, past fitness champion and television personality, brought glam and glitz to the stage as she humbly accepted this top honor. She

sincerely thanked those present; her family and friends, especially her Mom & Dad, as well giving a shout-out to the many fans for supporting throughout the years.

To bring it home, Fred Schutz (2010 HOF inductee) introduced Clyde Emrich. Fred had the audience in stitches telling a few jokes that produced gut-busting laughs. As he brought Clyde up to the stage, you could tell that these two octogenarians had, not only mutual respect for each other but also admiration that only comes from a friendship of nearly 60 years.

When Clyde spoke you could sense that you were part of an historic moment as he thanked his family, friends and who were with him on this special day. The 82-year-old past Olympian and long-time Chicago Bears strength training coach was inspiring to all.

The sold-out crowd included many HOF notables including past inductee Frank Ruettiger (2012 HOF inductee), both Dr. Phil & Nancy Claussen (2009 HOF inductees), Del Reddy and Jim Whitehead (2010 & 2012 "Volunteers of the Year"

respectively), Betty Scarimbolo (2009 "Rising Star of the Year") as well as Superbowl Champion Chicago Bear Tom Thayer and owner Brian McCaskey. Figarelli ended with the night by thanking everyone who was present for supporting The National Fitness Hall of Fame and its current Class of induct-

ees and invited everyone back next year.

Finally a special thanks to The American College of Sports Medicine (ACSM) for sponsoring this wonderful event.

For more information visit: www.NationalFitnessHallofFame.com



Clyde Emrich Tom Campanaro Anibal Lopez Brenda Dykgraaf

www.NationalFitnessHallofFame.com

Tom - Wishing you a happy, healthy 70th-with many more to come! Thanks for all you have done for the world of health and fitness and the countless individuals you have helped adopt a healthy lifestyle. Best wishes!!!



~ Nick DiNubile, MD
2009 NFHOF Inductee
Premier Orthopedics & Sports Medicine

Tom, Happy 70th Birthday and best of wishes for many more. Thank you for all you've done for our industry and continue to do.



- Greg Justice
2017 NFHOF Inductee

To Tom,
You have been an inspiration to me throughout my bodybuilding career. And as the Founder of the MS Fitness Challenge (MSFC) cause to help people with this disease live a lifestyle of fitness, we are using your Total Gym system to train them to achieve their best condition. Happy Birthday and thank you for helping me change lives through your fitness invention.

David Lyons
NFHOF Professional Member
Founder MSFC

