

# Educate \* Motivate \* Inspire

Official News-Magazine of the National Fitness Hall of Fame

Winter 2018

**New Criteria for  
Hall of Fame  
Induction**

**Member Trivia**

**New NFHOF  
Recognition  
Awards for  
Runners,  
Lifters &  
“Super Seniors”**

**NFHOF Career  
Service Award**

**Club Insider**



SENIOR FITNESS -  
“The Don of Sports”  
goes for “GOLD” –  
The 84 y/o to compete  
at this year’s Nationals.  
(Details on page 10)



**NFHOF’s Annual  
Spokesperson Showcase**

[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...*

WINTER – The only good thing about winter in the Midwest is.....I don't know, I got nothing.



In Chicago, we rang in the New Year with record low temperatures for a week straight. One reading in Morrison, IL was -24 degrees. Paste white or ashy white dry skin, chapped lips and flu & colds has us Midwesterner looking forward to spring.

One true thing that really helps us start to "Warm Up" is our Annual Showcase of **NFHOF Spokespersons**. These terrific fitness professionals are the living embodiment of positivity, warmth, and radiant health. You can see their Official Spokesperson Portraits on pages 3-4.

For our members, we have carried over a trivia question from the last issue, as it was unanswered. (page 10) Please go to the News-Magazine page of our website and put in your answer: <http://www.nationalfitnesshalloffame.com/enewsmagazine.html> There's a \$25 gift is waiting for some lucky winner.

**New criteria for induction** into the National Fitness Hall of Fame can be found on page 8. This will help maintain the integrity of "The Hall" and reassert that induction into the National Fitness Hall of Fame is the fitness industry's top award & honor.

Special thanks to **Norm & Justin Cates** for their generous donation of several past issues of Club Insider magazine (see page 9) and the **"Don of Sports,"** representing our SUPER SENIORS, is featured on page 10.

Finally, I encourage you to visit our website and check out all of the great things we are offering to both our **FAN and PRO Members**.

So let me know what you think, especially if it's positive!

Sincerely, *John Figarelli*

The National Fitness Hall of Fame (NFHOF)

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



# The National Fitness Hall of Fame is proud to present our Official Spokespersons for 2018

(More information can be found at our website: [NationalFitnessHallofFame.com](http://NationalFitnessHallofFame.com))

## NFHOF Spokesperson's Creed

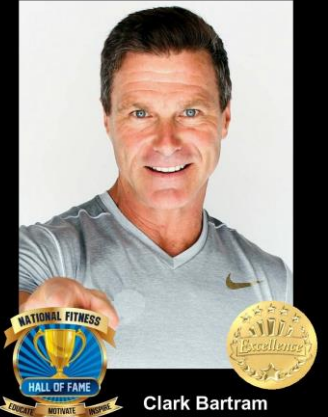
We here at the National Fitness Hall of Fame believe that everyone has the right to be fit, healthy & happy.

We believe in the promotion of health and fitness through regular exercise, proper nutrition and clean living.

We believe in motivating by example & inspiring through our actions.

We are proud to be part of the National Fitness Hall of Fame family.

National Fitness Hall of Fame  
2018 NFHOF Spokesperson



Clark Bartram

National Fitness Hall of Fame  
2018 NFHOF Spokesperson



Ben Bocchicchio

National Fitness Hall of Fame  
2018 NFHOF Spokesperson



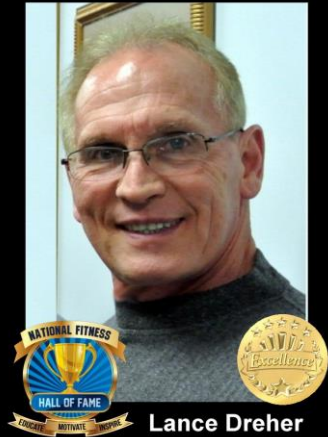
Rob Boyce Jr.

National Fitness Hall of Fame  
2018 NFHOF Spokesperson



Jim Cipriani

National Fitness Hall of Fame  
2018 NFHOF Spokesperson



Lance Dreher

National Fitness Hall of Fame  
2018 NFHOF Spokesperson



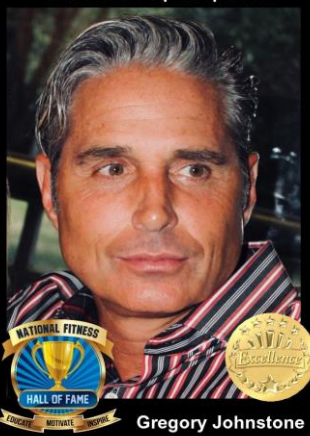
Donna Fatigato

National Fitness Hall of Fame  
2018 NFHOF Spokesperson



Dr. Robert Haley, DC

National Fitness Hall of Fame  
2018 NFHOF Spokesperson



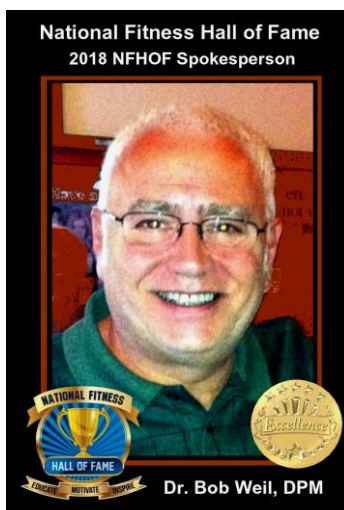
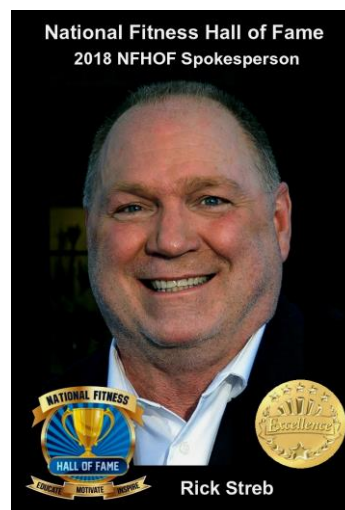
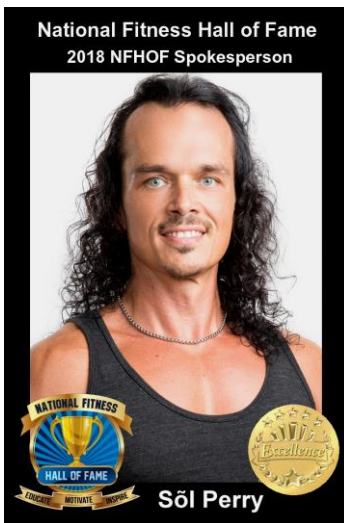
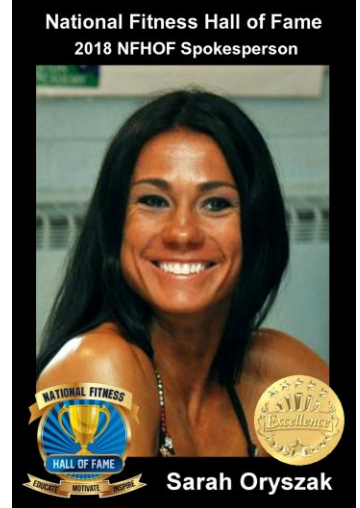
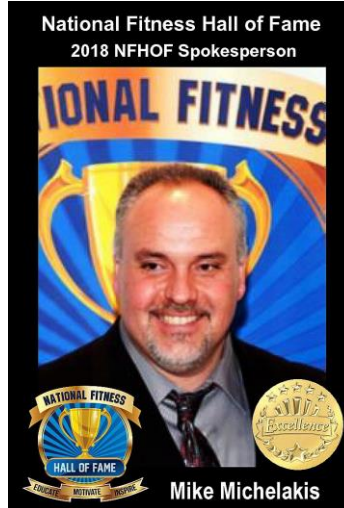
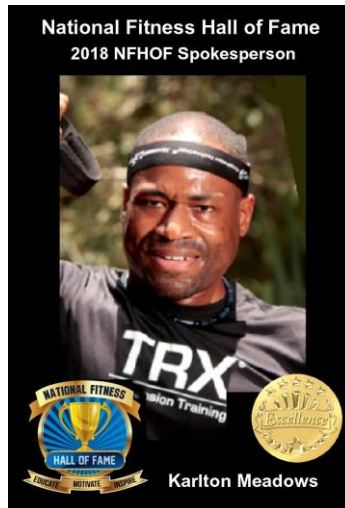
Gregory Johnstone

National Fitness Hall of Fame  
2018 NFHOF Spokesperson



June Kittay





### "Happenings at The Hall" – SPRING 2018

March 1<sup>st</sup> – Career Service Awards for NFHOFS Pros

April 1<sup>st</sup> – Register for Hot & Happening 100 – FAN FAVORITES

April 29<sup>th</sup> – 2018 NFHOFS Induction Ceremony & Awards Dinner



**Clark Bartram** - 30 years in the fitness industry | From: Escondido, California | [www.clarkbartram.com](http://www.clarkbartram.com) |  
Certifications &/or licenses or awards: ISSA Master Trainer

My career in the fitness industry is, without a doubt, my purpose in life, it's what I was created to do and I never take it for granted. I've traveled the world, hosted my own television shows, owned gyms and supplement lines...I've pretty much done it all and it continues today. Currently I'm traveling the country as a spokesperson for a company called Saba doing an event series called "State By State" where I do very simple exercise programs with people from all walks of life. ~ Clark Bartram



**Dr. Vincent (Ben) Bocchicchio** | 45 years in the fitness industry | From: Scottsdale, Arizona | [www.drbenbo.com](http://www.drbenbo.com) | Certifications &/or licenses or awards: Exercise Physiology, PhD; Health, Phi Gamma Phi National Honor Society; Certified in weight management and body composition at Columbia University.

Hi, I'm Dr Ben (Bocchicchio). In 1974, I introduced slow resistance training to the public and since then over 500,000 people have followed the regimen with a high degree of success. My recent book, "Fifteen Minutes to Fitness" describes the history of high intensity interval training and the powerful combination when applied with a controlled carbohydrate diet. I continue to be involved in clinical studies and presentations to corporate and professional groups.



**Rob Boyce Jr.** - 20+ years in the fitness industry | From: Cincinnati, Ohio | [www.teamachievefitness.com](http://www.teamachievefitness.com) |  
Certifications &/or licenses or awards: B.S. Exercise Science; US ARMY MASTER FITNESS TRAINER; ACSM CPT; NASM CPT, CES; KETTLE BELL Level 2 instructor

**James Cipriani** – 24 years in the fitness industry | From: Nashville, Tennessee | [www.jimcipriani.com](http://www.jimcipriani.com) |  
Certifications &/or licenses or awards: Personal Trainer; (NFPT, ISSA, NASM); Sports Performance Nutrition

"Springtime is coming and the America is jumping to getting ready for summer. Too many people want results overnight and jump into any and every 'quick fix' fad diet and/or training to get them there. Yes, there are methods that are more effective than others. But once you have your training and nutrition dialed in and your recovery is on point, you have to be patient. Do the work consistently and learn to love the process. With dedication, the results will come."

~ Jim Cipriani





**Lance Dreher** - 45 years in the fitness industry | From: Glendale, AZ | [www.doctorfitnessaz.com](http://www.doctorfitnessaz.com) | Certifications &/or licenses or awards: NPC Mr. America 1981, IFBB Mr. Universe 1981, PhD Nutritional Counseling 2004, Certified Life Coach 2007, Presidential Award of Achievement 1982

**Donna Fatigato** - 36 years in the fitness industry | From: Carol Stream, Illinois | [www.youiquelifelongfitness.com](http://www.youiquelifelongfitness.com) | Certifications &/or licenses or awards: ACE-Certified Personal Trainer, Holistic Nutrition Coach, Group Fitness Instructor

**Dr. Robert J. Haley, DC** - 30 years in the fitness industry | From: Lyndhurst, New Jersey | [www.haleyhealth.com](http://www.haleyhealth.com) | Certifications &/or licenses or awards: Doctor of Chiropractic (DC); BS, MS, MA & CSCS

**Gregory Johnstone** – 32 years in the fitness industry | From: Charlotte, North Carolina | [www. GetFit-24-7.com](http://www.GetFit-24-7.com) | Certifications &/or licenses or awards: Personal Trainer – American Fitness Institute (AFI)

**June Kittay** - 15 years in the fitness industry | From: Tampa, Florida | [www.junekittay.com](http://www.junekittay.com) | Certifications &/or licenses or awards: AFFA Group Exercise Instructor; NASM/AFAA Preferred Provider; YMCA; Yoga Fit; Silver Sneakers

June Kittay is a Motivational Speaker, Author, Health & Fitness Expert, and Published Writer on Health and Wellness; specializing in the active aging adult and their families. With a background in education, her mission is to help educate, inspire and motivate everyone she meets, encouraging a healthy, active and engaged lifestyle.

Blessed with 67 years of life, June tries to practice what she preaches. When not teaching you may see her pursuing her career as a lifestyle model. Currently, as part of a new health initiative by AARP and OLLI (Osher Lifelong Learning Institute), June will be conducting several upcoming classes on Healthy Aging and leading Yoga and Line Dance Classes in the Tampa Bay Area. "Keep on Movin!"

"Before psychiatrists, psychologists, and antidepressants, there were friends, family, movement, and music! June Kittay

**David Lyons** – 35+ years in the fitness industry | From: Murrieta, California | [www.msfitnesschallenge.com](http://www.msfitnesschallenge.com) | Certifications &/or licenses or awards: Founder MS Fitness Challenge charity; NFPT Fitness Essentials course; Arnold Schwarzenegger Health Advocate Lifetime Achievement Award; National MS Society Milestone Award



If you are a trainer and are thinking about taking our MS Fitness Essentials course (<https://www.nfpt.com/product/ms-fitness-essentials>), JOIN our MS Fitness Challenge GYM group to SEE for yourself the tremendous market of MSers who want, need and are asking for fitness training. We are here to help connect you but you MUST complete the essentials course to be included as an MS Fitness Challenge trainer. NFPT | National Federation of Professional Trainers

**Karlton Meadows** – 30+ years in the fitness industry | From: Riverview, Florida | [www.majesticbalance.com](http://www.majesticbalance.com)  
| Certifications &/or licenses or awards: Masters Degree, University of Tampa – Sports & Exercise Science; Cooper Institute – Physical Fitness Specialist; Mattes Method Certification – Active Isolate Stretching; EXOS Certified – Fitness Specialist & Tactical Training; TRX Suspension Training; IDEA Essentials for Person Training

**Mike Michelakis** – 23 years in the fitness industry | From: Niles, Michigan | [www.mikemichelakis.com](http://www.mikemichelakis.com) | Certifications &/or licenses or awards: Personal Trainer – B.S. Exercise Science; M.S. Kinesiology; NSCA-RSCC, NSCA-CSCS, ACSM-CEP, ACSM-HFS; NSCA Strength of America Award; NFHO Master Trainer Award



**Söl Perry** - 10+ years in the fitness industry | From: Louisville, Kentucky | [www.solperry.com](http://www.solperry.com) | Certifications &/or licenses or awards: Voted “Trainer Of The Year” (4x) City of Louisville; CPT, Holistic Trainer, Corrective Exercise Specialist; Transformation Specialist

Söl Perry is an award-winning Trainer specializing in total life transformations. Inspired by his Mother’s battle against Cancer, Söl lost 130lbs, overcame depression, debilitating back pain and found true health & happiness. Söl served as coach for the Special Olympics, and his only sibling was born physically and mentally disabled, instilling the value of wellness at an early age and committing Söl to philanthropy, speaking before Congress to support research aiding in raising over \$1 million worldwide. Through mentorship, lecturing, books and social media, he has motivated people around the world to make a change and take their life back.



**Emmanuel Robinson** - 10+ years in the fitness industry | From: Raleigh, North Carolina | [www.fitnesstrainer4life.com](http://www.fitnesstrainer4life.com) | Certifications &/or licenses or awards: ISSA Fitness Trainer; Specialist in Performance Nutrition



Before – 305 lbs



After – 203 lbs



**Charise Stephens** - 5 years in the fitness industry |  
From: Macon, Georgia | [www.gafitfest.com](http://www.gafitfest.com) |  
Certifications &/or licenses or awards: Founder and CEO  
of the state's Fitness Festival. Facilitator of the Health  
Coach training program



**GEORGIA WELLNESS AND FITNESS FESTIVAL**

**Rick Streb** – 29 years in the fitness industry | From: Sunrise, Missouri | <http://nutritionprofitsystem.com>  
<http://prodiets.com> | Certifications &/or licenses or awards: BSBA in Exercise and Sports Science, CPT,  
International Best-Selling Author, 2007 Community Leadership Award from the President's Council on Physical  
Fitness & Sports

**Dr. Bob Weil, DPM** – 35 years in the fitness industry | From: Aurora, Illinois | [www.sportsdoctorradio.com](http://www.sportsdoctorradio.com) |  
Certifications &/or licenses or awards: Doctor of Podiatric Medicine (DPM)

**Shaweta "Shay" Vasudeva** – 10+ years in the fitness industry | From: Phoenix, Arizona |  
[www.shaythecoach.com](http://www.shaythecoach.com) | Certifications &/or licenses or awards: NASM CPT- CES; The Health Sciences  
Academy Certified Nutritional Therapist (THSA CNT); Okinawa Goju Ryu Karate Do Shobukan Arizona Black  
Belt; T'ai Chi Instructor

I'm Shaweta "Shay" Vasudeva, Founder at ShayTheCoach. Here is what I do and why I do it! I grew up as a competitive athlete, playing tennis and softball on a national level and training karate. By the time I was in college, due to personal life circumstances and heavy competition, I had many injuries and health conditions that left me physically and emotionally depleted. But I didn't let them end my athletic spirit. Instead, I used them to propel me to further my work and education in sports fitness, nutrition, psychology, and martial arts. I use all of my personal and professional experiences when I work with clients, helping them to transform their "I can't" to "I can!"

## NATIONAL FITNESS HALL OF FAME INDUCTION CRITERIA

Any Professional Member of the National Fitness Hall of Fame can be nominated for induction consideration if they meet the minimum criteria listed below.

- \* 5 year Member of the NFHOF or 3 years retired or deceased.
- \* 30+ years of service in the health & fitness industry.
- \* A genuine concern for the health & welfare of others..
- \* A documented extensive and diverse work experience in fitness.
- \* A nationally recognized "Body of Work."
- \* Reached the age of 60

(The minimum age was raised to 60 y/o in 2018. Inductees under 60 by 2017 are grandfathered in)

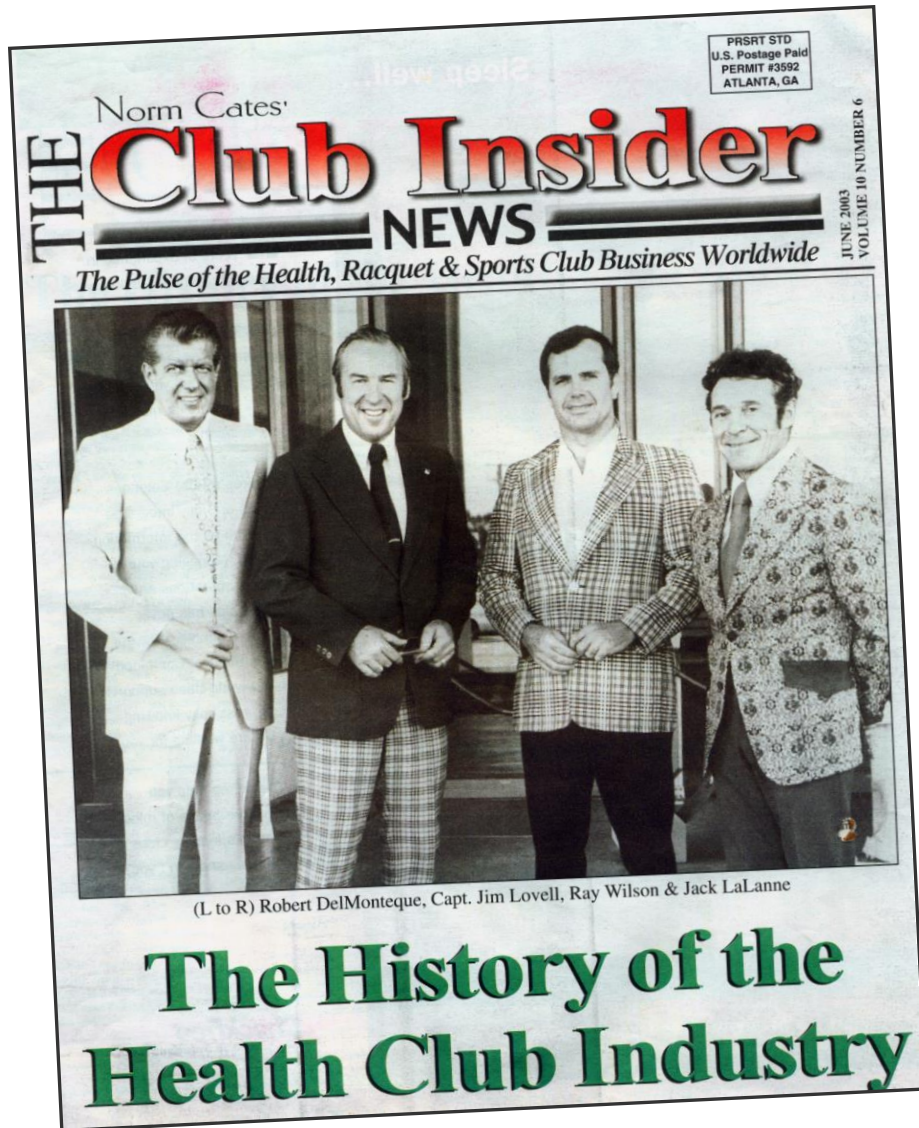




Norm Cates'

# CLUB INSIDER

CELEBRATING 25 YEARS OF TRUST



Special thanks to **Norm & Justin Cates** for their generous donation of several past issues of Club Insider magazine. They are a great addition to the NFHOF's museum collection.

For 25 years these great men (father & son) have been spreading the word of fitness through their fantastic magazine! Both printed and digital versions can be found at [www.clubinsideronline.com](http://www.clubinsideronline.com)

Established in 1993, Club Insider is the Pulse of the Health and Fitness Club Industry. Their mission is, "To help the owners and operators of health, racquet, and sports clubs professionalize their clubs and gain the trust and business of their community."



## "The Don of Sports" Wins a Record 9 Medals!



*80 year old,  
Don Figarelli  
competes at  
the Prairie  
State Games.*

Congratulations to Don Figarelli,  
National Fitness Hall of Fame's "Super  
Senior" Representative for 2018.

The 84 year old Senior Athlete will compete in the National Senior Games in St. George, Utah this coming October.

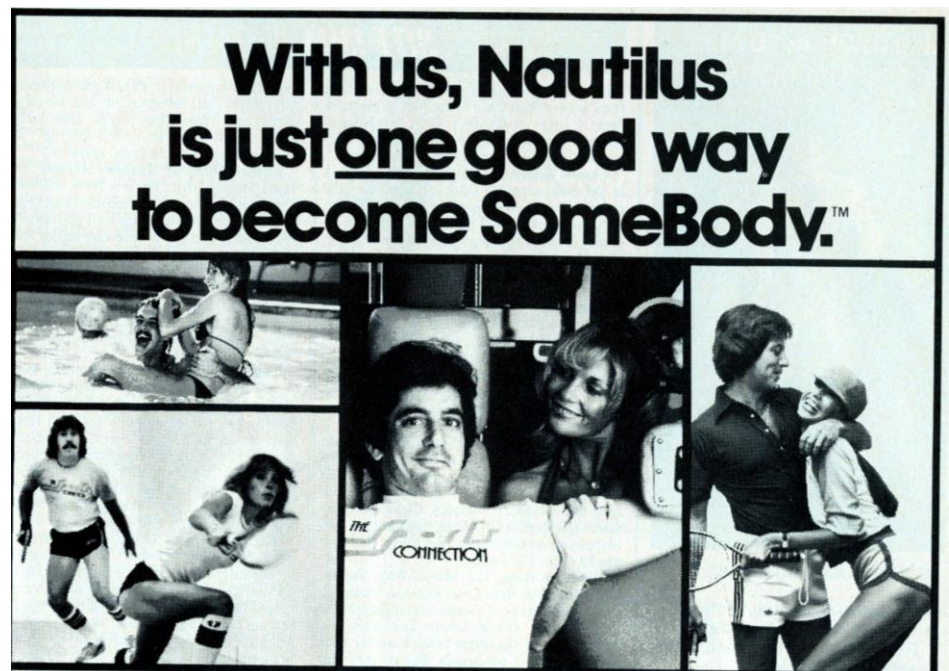
It started back in 2005 when Don Figarelli, the 71 year old athlete, nicknamed, "The Don of Sports" first competed in senior competitions. The Prairie State Games proved as a testing ground for his skills in a variety of sports; namely bowling, golf and track.

In 2009, at the Six County Senior Olympic Games, Don extended his athletic prowess to include basketball and swimming. This October at the Huntman World Senior Games, he will compete against the nation's best in six events!

Don is the living embodiment of physical activity and healthy living. We encourage all seniors to stay active, enjoy life and be well!

More info at: [seniorgames.net](http://seniorgames.net)

# TRIVIA



(Since this question was unanswered, we are repeating it again this quarter).

**What Fitness Superstar was featured in this 1981 AD for LA's Sports Connection Health Club?**

Visit our website: [www.NationalFitnessHallofFame.com](http://www.NationalFitnessHallofFame.com) (eNews-Magazine Page)



## Attention: Professional Members of the National Fitness Hall of Fame

**The National Fitness Hall of Fame would like to recognize your career in the health & fitness industry with our new Career Service Award & pin.**



Go to: [www.nationalfitnessshalloffame.com](http://www.nationalfitnessshalloffame.com) (NFHOF Membership)



# Join the NFHOF Today!

"There's something for everyone!"



Running a 5K with ex-Chicago Bear, Chris Zorich. Participating in local 5Ks are a great way to get fit and help others!



## Survey Question:

What is your favorite Fun or Charity Race?

Go to the RUNNERS RULE page at our website:

**RUNNERS** - We want your thoughts, opinions, stories about **TRAIL RUNNING** for the next issue of Educate \*

Motivate \* Inspire!

Go to the **RUNNERS RULE** page!

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