

Educate • Motivate • Inspire

Official News-Magazine of the National Fitness Hall of Fame



Fall
2016

Highlights from the
2016 NFHOF
Induction Ceremony

Kathie & Peter Davis
– How They Serve
up a Healthy Life!





The National Fitness Hall of Fame (NFHOF) was founded by John Figarelli on December 2nd, 2004 to provide a both physical and virtual place, where the lifelong efforts of individuals and organizations are acknowledged and showcased.

Mission: "To Preserve the Past while Promoting the Future of 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...

FALL – "A Time for Change?"

With the changing of the leaves and season, this fall might be the perfect time to think about a possible change in the mission of the National Fitness Hall of Fame.



Since "The Hall's" inception its mission has been to, "Preserve the Past while Promoting the Future of Fitness."

By re-opening the National Fitness Hall of Fame's Museum on June 26th, we have effectively achieved the first part of our mission, "Preserving the Past" where everyone can come and view the museum 's terrific displays and exhibits. (One can also experience these virtually at our website.)

And now by offering Professional Memberships we are adequately "Promoting the Future of Fitness" by showcasing some of the best young talent working in the health & fitness fields today.

Does our mission need changing? Can we do more or should we focus on something different?

I would like to hear what you think. Please contact me directly at nationalfitnesshalloffame@gmail.com

Wishing you great health & much happiness.

Sincerely, *John Figarelli*

The National Fitness Hall of Fame (NFHOF)

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National Fitness Hall of Fame - Induction Class of 2016



Callan Pinckney John "The Beast" Azari Dr. Fred Hatfield, PhD Dr. Len Kravitz, PhD

A 2-4-1 Event; A Duel Success! - 2016 NFHOF Induction Ceremony & the National Fitness Hall of Fame Re-Opening in Addison, Illinois!

On June 26, 2016 the NFHOF re-opened its doors to the public. Closed since 2012, the new facility is something to behold. The 1,100 square foot museum, affectionately known as "The Hall" is divided into several rooms, each with unique décor relating to "Fitness History" and those who inspired it.

One such room, the *Gadgets & Gismos* room displays numerous products designed to inspire the public to get fit. Some products were good, however most were gimmicky like the "twist board." Inspired by the popular dance-craze, "the Twist;" the twist board promised to get everyone in great shape by "dancing the night away" on this little board. Several versions were produced and many were on display for all of see and try!

Current year inductee, Dr. Len Kravitz shared these great words, “the Grand Reopening re-established the important linkages between the past and present knowledge of the growth of fitness. Understanding our past is the best way to shape our future. *The History of Fitness* enables us to keep delivering our message of health through physical activity and exercise.”

“I get the best feeling when I hear all the kind words from the people in attendance,” said John Figarelli, NFHOF Founder. “Like the one from Dee Pinckney” who said, *“What a spectacular event! Everyone was extremely welcoming and it was so wonderful to meet so many people who have devoted their lives to helping others! Loved looking at the history of fitness and was fascinated by all that John has collected to preserve that history! Thank you John!”*



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From ACSM's more than 50,000 members and certified professionals from 90 countries around the globe...

Congratulations to the National Fitness Hall of Fame 2016 Inductees!

ACSM...

- Advocates for the benefits of physical activity
- Advances the exercise sciences and clinical applications of sports medicine
- Influences public policy on an international level
- And greatly appreciates the leadership and contributions of the 2016 inductees

Representing 70 professions within the sports medicine and exercise science field, ACSM offers a 360-degree view of the profession.



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ACSM's Signature Programs and Initiatives:



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2011 NFHOF Inductee, Jim Everroad from Indiana said, "this year's event was great again!" The evening event, of course, was the annual Induction Ceremony where fitness professionals and fans gathered to see *Fitness Legends & Superstars* receive the highest accolade in the health & fitness industry. For a lifetime career devoted to helping others "Get Fit & Stay Healthy," NFHOF Inductees are forever enshrined in "The Hall."

- The NFHOF's Class of 2016 included: John "The Beast" Azari, Dr. Fred Hatfield, Dr. Len Kravitz and Callan Pinckney
- VIP Presenters included: Sara Kooperman, Kathy Kaehler, Bill Crawford and Frank "Rudy" Reuttiger
- The NFHOF's Volunteers of the Year: Beth & Charles Kuntzleman



The National Fitness Hall of Fame
presents the
**“STAR PERFORMERS”
AWARDS FOR 2016**

Annual Recognition for NFHOF Members

Recognition categories include:

INDUSTRY PROFESSIONALS

Trainers | Educators | Instructors



FITNESS ENTHUSIASTS

Running | Multi-Sport | “Fitness Warrior”

NATIONALFITNESSHALLOFFAME.COM

(Includes a deluxe awards package)

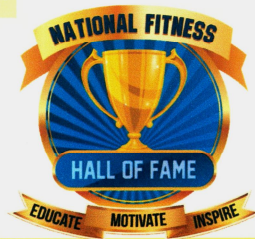
NFHOF members can earn
“Star Performer” recognition
at various levels
(Gold/Silver/Bronze)

(Visit -www.nationalfitnesshalloffame.com)



You earned the recognition you deserve the award!

APPLY TODAY! - No Application Fee! (Limited-time)



National Recognition & A Great Award! - It's FREE to apply for this recognition award. For complete details & more information visit:
www.nationalfitnesshalloffame.com

Cover Story – “Serving Up a Healthy Life!” by John Figarelli

Peter & Kathie Davis were inducted into the National Fitness Hall of Fame back in 2014 for a lifetime of excellence working in the field of health & fitness and “practicing what they preach.” Both are very skilled tennis players, having been involved in the sport since they were children.

They met playing tennis at age 13 and it's been a part of their lives ever since. Peter plays twice a week, both singles and doubles and Kathie still loves the game as well. They both enjoy being active and have been involved with coaching tennis and teaching fitness throughout their lives. Peter saying, “I play tennis at least twice a week and walk nearly 10,000 steps a day. I play singles one day and doubles the next and I hope to be able to play well into my 70's God willing.”

Of course their organization, IDEA Health & Fitness, is the epitome

SAVE *the* DATE

2017 IDEA EVENTS



IDEA® Personal Trainer Institute

EAST

February 23-26
BETHESDA, MD

WEST

March 30-April 2
SEATTLE, WA



IDEA® World Convention

Join us in celebrating our 35th Anniversary
July 19-23
LAS VEGAS, NEVADA

To learn more about these events, or to register, please visit
www.ideafit.com/events





Kathie and Peter Davis have been educating, motivating and inspiring fitness professionals for 34 years through the educational company they built, IDEA Health & Fitness Association.

of healthy living with thousands of instructors educating others on the many benefits that can be had by living a healthy life and participating in "Lifelong Sports." I can personally appreciate the "Lifelong Sports" especially tennis, since forming the Minooka Tennis Club back in 2013. Getting families to come together and play, get exercise and have fun is most awarding.

It is also interesting to note that tennis players scored higher in vigor, optimism and self-esteem while scoring lower in depression, anger, confusion and tension than other athletes according to Dr. Joan Finn and colleagues at Southern Connecticut State University.

Tennis helps your aerobic fitness, anaerobic fitness, speed, general body coordination, agility, flexibility and hand-eye coordination.

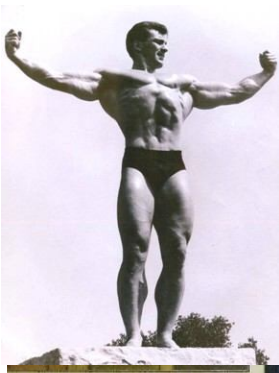
Tennis is truly the sport for a lifetime! It's been proven. 🌟





Tennis' surge in popularity came in part because of the success of American tennis stars, Chris Evert and Jimmy Connors. The #1-ranked players in the world were captivating the American public by their stellar play on the court and they inspired many to start swinging a racket! Racquetball, which was invented by Joe Sobek in 1949, became very popular during the '70s. It was definitely easier to learn than tennis and the courts were far less expensive for health clubs to build. It quickly became the "in" sport.





Bob Gajda – 76 y/o

Born: Sept. 13, 1940

"Triple-Crown Winner"

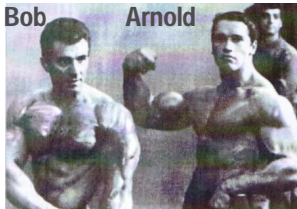
Mr. USA - 1965

Mr. America - 1966

Mr. Universe - 1966

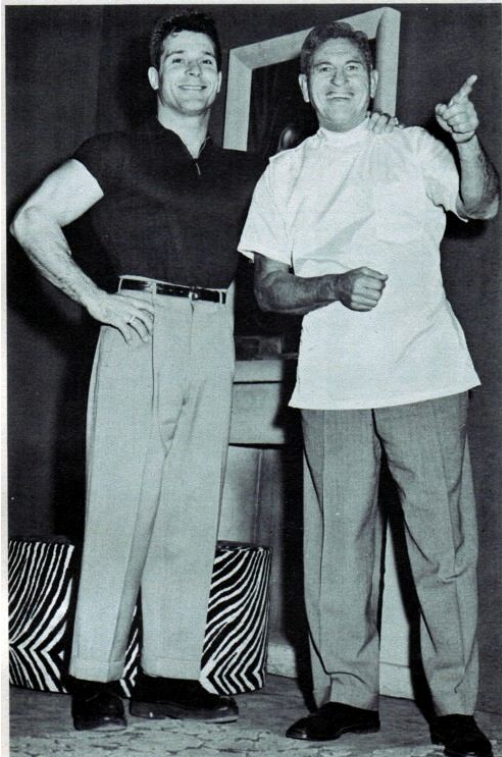


The gang of the "Chicagoland Old-Time Weightlifters Club" help celebrate with the 2008 Inductee.



Why was 2005 NFHOF Inductee, Arnold Schwarzenegger presented the NFHOF's Spokesperson of the Century Award?

Former President George H.W. Bush appointed him Chair of the President's Council on Physical Fitness and Sports in 1990. Arnold has been involved with the Special Olympics for many years. In 1995, he founded the Inner City Games Foundation (ICG) which provides cultural, educational and community enrichment programming to youth. Arnold has also been involved with After-School All-Stars and founded the Los Angeles branch in 2002. ASAS is an after school program provider, educating youth about health, fitness and nutrition.



New Exhibit –
Coming
in 2017

The National Fitness
Hall of Fame
presents the
“Fitness Legends
of Yesterday!”

Sponsored by
“Today’s
Fitness Superstars!”

Can you name the two men above and the women teaching the class? Hint: All are NFHOF Inductees. Enter the trivia contest at our Member Page by visiting our website.



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