

# Educate • Motivate • Inspire

Official News-Magazine of the National Fitness Hall of Fame

Fall 2017



Arnold  
turns 70!

Donna  
Fatigato -  
Star Performer

Celebrity  
Interview  
from 1996  
"Classic Reprint"

Member  
Trivia

"Hollywood Hunk"  
& NFHOF Pro  
Member, John Turk  
tells how he got his  
start in fitness.



1978

**FITNESS**  
**WARRIORS**  
**CHALLENGE**  
**2017 FOR CHARITY**



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...*

### FALL - "A Time for Change, Again?"

Last Fall I wrote the same title but its true again this Fall as the National Fitness Hall of Fame gets divided into four divisions:



NFHOF - "The Hall" recognizes individuals for their career work in the field of fitness and health. Induction into the National Fitness Hall of Fame is the highest honor a person working in the fitness industry can achieve. The Hall also presents other special awards of merit.

NFHOF Museum - Preserves historic fitness artifacts. Located in beautiful downtown Minooka, Illinois, this quaint little museum offers free guided tours to both the fitness professional and the general public. A fantastic online virtual tour can also be experienced at our website.

NFHOF Membership: NFHOF members receive several benefits and can participate in the many contests/ events that we conduct each year.

NFHOF Institute: The newly formed institute serves as an outreach to Educate, Motivate & Inspire fitness professionals as well as the general public. Starting December 1<sup>st</sup> fitness professionals can take Advanced Fitness Education Courses and earn the high distinction of being recognized as a National Fitness Hall of Fame Certified Fitness Expert. (NFHOF-CFE)

The National Fitness Hall of Fame (NFHOF)

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## CONGRATULATIONS to the NFHOF Induction Class of 2017

The NFHOF Induction Weekend was held April 29<sup>th</sup>–30<sup>th</sup>. This Hall of Fame Class of 2017 has over 300 years of fitness experience combined! All of these fitness superstars were enthusiastically welcomed at the reception by more than 100 VIP guests.

Jim Flanagan, Diane Hart, Mary Ann Wilson, Elaine LaLanne, "Doc" Counsilman (Jill Morris accepting) & Greg Justice proudly present their induction plaques.

"John, I compliment you and your staff for hosting a first class event and thank you & your board members for the honor of being inducted into the NFHOF for 2017. The museum was very

many memories of my career during the Nautilus Era and all the good friends I have met along my way."  
Stay Strong, Jim Flanagan

"The honor of being inducted into the National Fitness Hall of Fame will always be a very special memory, but the most enjoyable part of the trip was meeting the talented and warm "world of fitness" legends and witnessing their passion for fitness and life. It inspires me to be and do the best I can, not only for myself, but that I might be an inspiration to others."  
~ Mary Ann Wilson, RN





# Members Rule!



**Donna Fatigato**  
Star Performer  
Award Winner



Donna Fatigato – 2017 Fitness Fanatic Challenge Champion performed over 2,000 minutes of exercise in a 30-day period. (Minimum requirement was 500 minutes) Donna has been in the fitness industry for over 30 years; ACE-certified Personal Trainer, NETA Group Fitness Instructor, Specialty Training in Yoga, Pilates, Kickbox and Cycle, Wellness Planning and Nutrition. Donna is also a Director of USANA Health Sciences, Inc.

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

**GOLD FAN Membership (2017)    FREE OFFER for a limited time!**

Benefits include:

- Participation in NFHOF Contests
- Certificate of Membership
- Book - "History of Fitness"
- 2017 Member Button
- Monthly eNew-Magazine
- Listing in our annual "Year-end" Yearbook
- Knowledge that you are helping our **Charity Partners**



Visit our website: [www.nationalfitnesshalloffame.com](http://www.nationalfitnesshalloffame.com)



# TRIVIA

What Fitness Superstar and  
NFHOF Inductee worked at the  
famous Sports Connection in LA?

**With us, Nautilus** 1981  
**is just one good way**  
**to become Somebody.™**



Answer the Trivia question for a chance to win a Tony  
Little's Easy Shaper Pro® - Visit our Member Page!



The National Fitness Hall of Fame is putting  
together a special fundraising event for  
AllenForce's Healthy Minds, Healthy Bodies  
to benefit our Veteran Soldiers. The Fitness  
Warriors Challenge for Charity is a uniquely  
designed group exercise training session that  
is fun, challenging and personally rewarding.  
Look for more information to come soon.

# Philosophy of Life

As a Fitness Professional and Group Instructor for well over a decade, I am often asked my secret. How do I look the way I do at 67 years old with so much energy, vitality and “Zest for Life”? It’s simple!

My Philosophy of Life dictates my daily habits and activities and they can be the secret to helping you, your family, friends and clients succeed!

## 1. Eat real food!

As fellow fitness professionals, we all know this. Eat plants grown in the ground, not made in plants (factories), watch labeling on packaging; if you can’t pronounce it, your body probably doesn’t know what to do with it, and the list goes on and on. However, many people still don’t get it. I actually had a woman come to me and ask me what I usually eat. When I mentioned I don’t eat wheat products, she proclaimed she didn’t either. When I asked her if she ate bread, cookies, cake etc., she said yes, but she didn’t eat wheat!

## 2. Go Outside and Play!

Play is anything you enjoy and don’t do for a living, unless of course you are a fitness professional! Connect with other people and nature daily. Have fun! (Fake it ‘til you make it!)

3. Hang around with the right people in the right places! Surround yourself with active people who want to participate in healthy activities. Examples include fitness facilities, parks and recreation areas, health food stores, health and fitness seminars and workshops; dance classes, the list is endless. Don’t forget volunteer organizations, which will feed and energize your heart and soul!

4. Say your prayers!  
Pray or meditate. You decide.

5. Get plenty of sleep!  
Know what is right for you and how much sleep you need to function at your peak. Then do it!

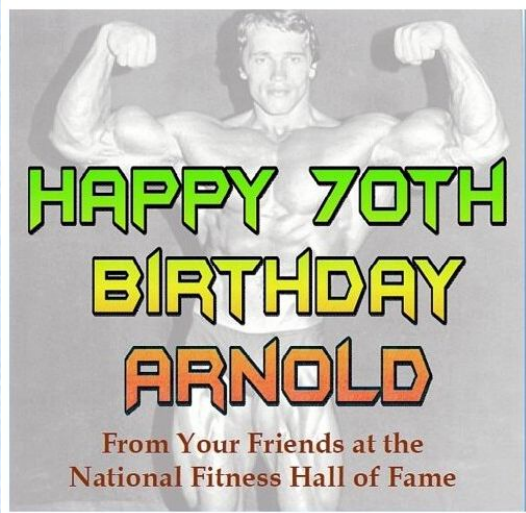
My personal prayer:

*“Lord, let me live each day trying to accomplish something, not merely to exist!”*

Contributed by  
*June Kittay*  
NFHOF  
Pro-Member







2005 NFHOF  
Inaugural Inductee

Arnold  
Schwarzenegger  
Born July 30, 1947

In 2011, was recognized by the National Fitness Hall of Fame as the, "Fitness Spokesperson of the Century." Arnold said this of his Hall of Fame Induction, "I'm honored to have been chosen as a 2005 National Fitness Hall of Fame Inductee. Staying fit, and encouraging others to do the same, has always been a very important part of my life. It's a passion of mine that I've been happy to share with anyone and everyone around me."

*Dear Arnold,*

*I like to congratulate you with your 70th Birthday. And thank you for what you give back to our sport. Hope to see you many years to come at the Arnold events.*

*Your friend forever,*

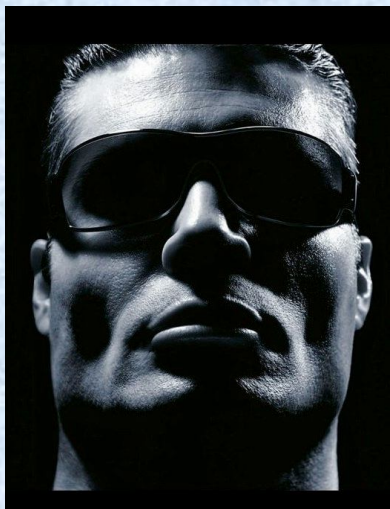
*Juliette Bergmann  
IFBB Ms. Olympia*



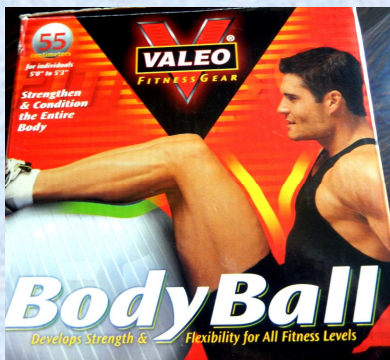
NFHOF Inductees and Pro Member created a special birthday card for Arnold. It can be viewed online @

<http://www.nationalfitnesshalloffame.com/nfhofinductees/arnoldsbd.html>





On the set of the Transformers Movie, Turk plays the part of a security guard. Below, John demonstrates perfect form using Valeo's BodyBall.



## Featured Pro – John Turk The “TURKINATOR”

“As a fitness fanatic my entire life, I decided to pursue bodybuilding competitions and won several notable titles, such as collegiate Mr. Illinois in 1987 and Mr. Midwest of Police and Firemen in 1990. As I got older, I transitioned into competing in fitness competitions. It was during a contest in Las Vegas in 2000, that I was introduced to several photographers who worked for some of the large bodybuilding and fitness magazines. I originally did some ads for various fitness equipment and that later branched out into editorial spots in Muscle & Fitness.”

“Those editorial spots later led to doing a cover shoot in May 2001 for Muscle and Fitness. After my M&F cover, others came and the rest was history. I have appeared on the cover of several high profile fitness magazines such as, Muscle and Fitness, Mens Fitness and Physical Magazine. I was also a competitive martial artist, winning numerous titles and portrayed the character ‘Sub-Zero’ in the #1 rated video game - Mortal Kombat. In addition to that, I was all the ninjas in the same game as well as scorpion and Shang Tsun.”

“I am currently a personal Trainer and run my own company in San Diego, CA. It's called Fearless Fitness LTD.”

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

## Nancy Bensen Claussen – Blending Form and Function



**F&H:** *How did you get involved in fitness competitions?*

**Nancy:** I was looking for something besides beauty pageants (I had done those earlier in my life) to get into, something that would show athletic ability as well as beauty. My husband and I were watching ESPN and happened to see the Fitness America competition and I thought, I can do that!

**F&H:** *What do judges look for in fitness competitions?*

**Nancy:** That's always been a big issue because they have different judges every year. There is the performance of a fitness routine, an evening gown and presentation round and a swimsuit round to show your

physique. The judges are not looking for the extremely muscular physique (seen in bodybuilders) instead they look for symmetry, good muscle and skin tone and even the way you move and show your physique is important.

When performing the fitness routine (two minutes in length) the girls can be as creative as they want. Many girls use a combination of gymnastic, dance and strength moves.

**F&H:** *I know you are training for the Ms. Galaxy contest. How does that event differ from others?*

**Nancy:** In the Ms. Galaxy contest, an obstacle course replaces the traditional fitness routine. This makes it fairer for non-



gymnasts/dancers). During the course, the participant must negotiate a series of tires, 12 monkey bars, a 30' tall cargo net ladder, a set of hurdles, a 10' wall and finish with a 50 yard sprint. The contestant with the fastest time receives the most points. (The obstacle course accounts for 50% of the total score.)

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*"...first you have to be beautiful and second you have to be rugged because of the things you go through."*

*— Dr. Claussen*

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The swimsuit portion of the contest accounts for the other 50% and again the judges look for a feminine but athletic, nicely toned physique.

**F&H:** *Dr. Claussen, what type of training regimen does Nancy follow?*

**Dr. Claussen:** First of all, I have to say that I am very proud of her because there are not many people that would go through what she is going through to train for this event.

Because of the unusual diversity of the events, first you have to be beautiful and second you have to be rugged because of the things you go through, the training becomes very intense.

Nancy performs 2-3 hard (intense) hours of training a day: Sprints, weight training, mountain climbing, plyometrics (which teach quickness and strength at the same time) and then 1-2 hours of stretching and lower-key training to get fit.

**F&H:** *Nancy, tell me a little about your business.*

**Nancy:** I teach Swimnastic at several locations. It's a water exercise program, using hydro-tone equipment, designed for toning and firming. It's also great for cross training! I also provide one-on-one personal training sessions.

**F&H:** *Thanks Nancy and Dr. Claussen, it's been a pleasure! Good luck in the Miss Galaxy Contest*



Nancy Claussen –  
2009 NFHOF Inductee



# FITNESS

## "IT'S WHAT WE DO"

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