

Educate * Motivate * Inspire

Official News-Magazine of the National Fitness Hall of Fame

Summer 2018

2018 National Fitness Hall of Fame Induction Ceremony

National Trivia Contest - pg. 12

"Fitness For All" NFHF's Family Fitness Day

Remembering Doris J. Barrilleaux



NEW! - Member Spotlight

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...



SUMMER came early this year, as we in the Midwest went from a record cold month of April to 90+ degree days by May. Looking back at the "Spring that Never Came" we at "The Hall" were very busy.

On April 29th we hosted the 2018 National Fitness Hall of Fame Induction Ceremony where we recognized and honored some of yesterday's most influential fitness icons. The Legends Class of 2018 consists of truly remarkable individuals and you can learn more about them by reading their brief bios found on pages 8-10.

We would like to thank our Gold Sponsor, the American College of Sports Medicine (ACSM) for their tremendous support which allowed us to hold this great event.

On March 11th we launched our "Fitness For All" Campaign with the very first Family Fun & Fitness Day. Great photos can be found on page 6.

Back in May we lost Doris J. Barrilleaux, a 2011 NFHOF Inductee. "*May She Rest in Peace.*" Her story can be found on page 5.

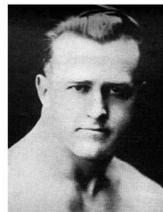
Finally, make sure to check out our new MEMBER SPOTLIGHT section featuring Florence, Oregon resident, Tracy L. Markley on page 11.

Have a Great Summer!

Sincerely, *John Figarelli* – NFHOF Founder

National Fitness Hall of Fame

Legends Class of 2018



Earle Liederman



WT Rawleigh



Bill Bowerman



Paige Palmer

The National Fitness Hall of Fame (NFHOF)

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2018 National Fitness Hall of Fame Induction Ceremony

Congratulations to the NFHF's Legends Class of 2018



Yesterday's Fitness Legends



Sponsored by:
AMERICAN COLLEGE of SPORTS MEDICINE
LEADING THE WAY



Hilton Garden Inn Banquets - Addison, IL
Sunday - April 29, 2018

“Fitness Legends honored at this year’s National Fitness Hall of Fame Induction Ceremony!”

This year’s induction ceremony was special because we at the National Fitness Hall of Fame paid our respect and admirations to four deserving individuals who are no longer with us. These “Fitness Legends” needed to be recognized by “The Hall” as early pioneers of fitness who had a marked impact on the fitness industry today and inspired those who work and prosper in the field today. Bill Bowerman, Paige Palmer, Earle E. Liederman and W.T. Rawleigh are these terrific people.

Bowerman launched the Jogging Craze of the 60s & 70s, Paige was the 1st television fitness host in 1948, Liederman was a multi-faceted fitness fanatic and Rawleigh built a health & fitness empire that still operates today. (Check out their complete bios – pgs. 8-10)

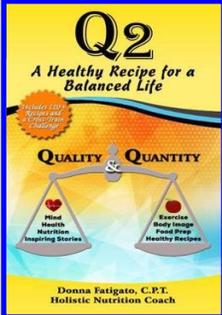
The fantastic crowd on hand was also there to congratulate Donna Fatigato as “The Hall’s” current “Volunteer of the Year.” Going back to 2008, the NFHF’s “Volunteer of the Year” has been hand picked by founder, John Figarelli as the individual who has provided the greatest help to “The Hall” *(continued)*



Dr. Phil Claussen, Nancy Claussen, Walt Sloan, Esther Gutiérrez Sloan, Clint Phillips, Anne Roupas & Lee Roupas



John & Donna Fatigato
Donna is the NFHF's
Volunteer of the Year
2017-2018



Donna's best-selling book "Q2: A Healthy Recipe for a Balanced Life" is now available at AMAZON.com

Over the past two years. Donna has been instrumental in helping "The Hall" with its online presence and Social Media promotions.

Owner of YOUUnique LIFElong FITness, Donna has been in the fitness industry for 36 years as a Certified Personal Trainer, Holistic Nutrition Coach and Group Fitness Instructor.

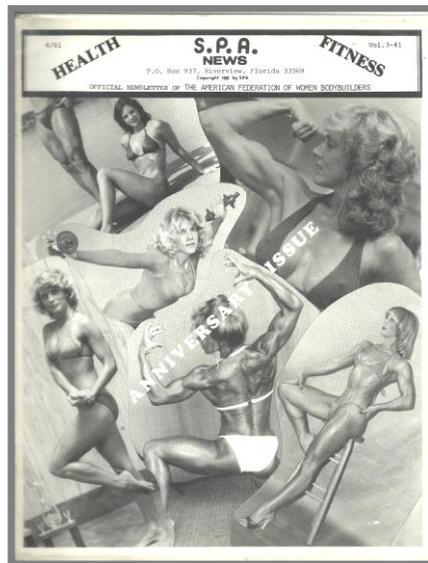
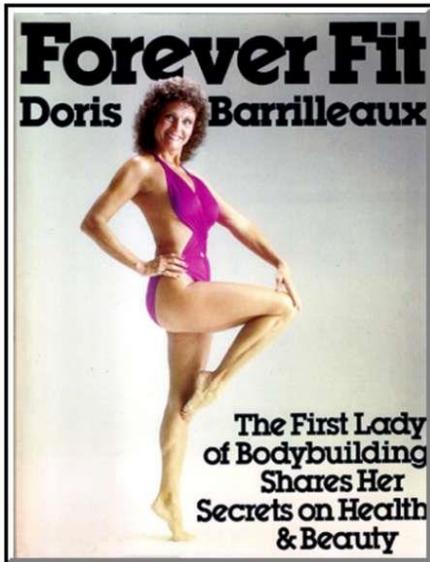
Another exciting aspect of this year's Induction Ceremony was the "Fitness For All" interactive exhibits on display. Most everyone present partook in the fun challenges and learned much about the importance of "Getting Fit & Staying Healthy."

The final presentations were made to the *Active Inductees* who were present. 2009 NFHF Inductees, Nancy and Dr. Phil Claussen and 2010 NFHF Inductee, Esther Gutiérrez Sloan received specially produced digital oil Hall of Fame portraits for supporting "The Hall" and all of its programs.

We would like to thank the Figarelli family and all of the volunteers for helping make this ceremony a truly special event!

(Additional photos can be found at our website)





2005 NFHOF Inductee, Arnold Schwarzenegger gives a congratulatory hug to Doris during her 2011 induction into the National Fitness Hall of Fame.

Remembering Doris J. Barrilleaux

“The First Lady of Building” - Rest in Peace

Doris J. Barrilleaux - 2011 NFHOF Inductee –
Born: August 11, 1931 Died: May 13, 2018
Hometown: Riverview, Florida

Doris was a true pioneer in women’s bodybuilding and has often been referred to as “The First Lady of Bodybuilding.” An outstanding competitor in her own right she, perhaps more than any other person in the history of the Iron Game, made national and international women’s physique competition a reality. Even while she was competing, she devoted her endless energy in organizing and promoting women’s bodybuilding competitions, wherever and whenever she could, eventually in virtually every state of the union. Moreover, despite having invested so much of her life’s energy in getting women’s bodybuilding under way, Doris had the courage to take a stand against the drugs she believed would ruin the sport she had worked so hard to build.

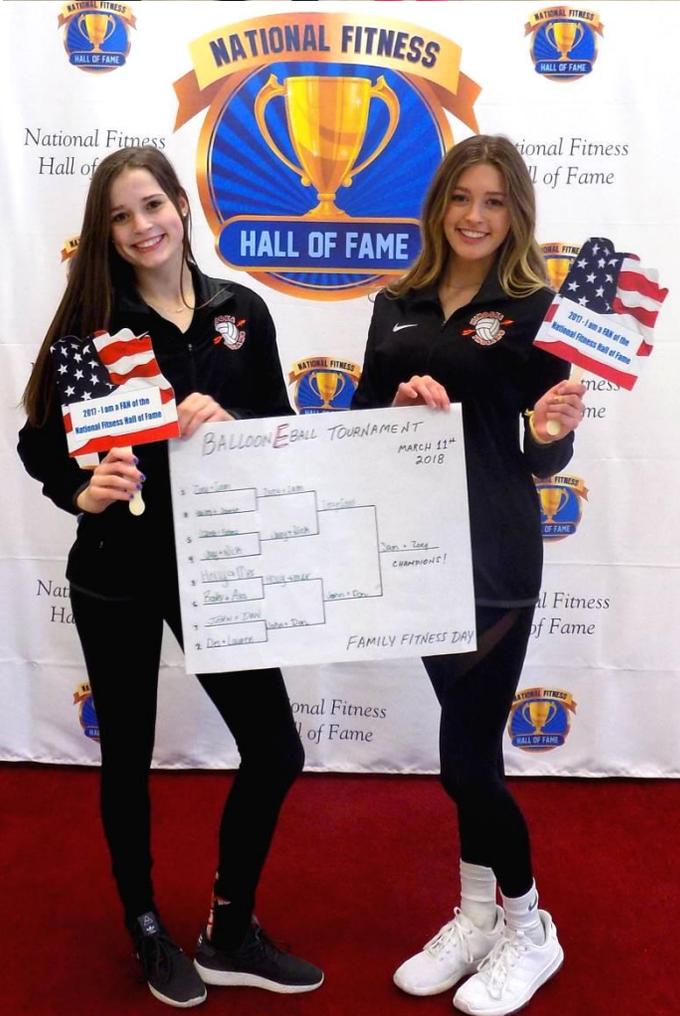
She walked away from a coveted leadership position with a major bodybuilding organization as a protest of the movement of drugs into the world of women’s bodybuilding. However, she did continue her career as one of bodybuilding’s top photographers and donated her massive collection of women’s bodybuilding memorabilia to the Todd-McLean Library.

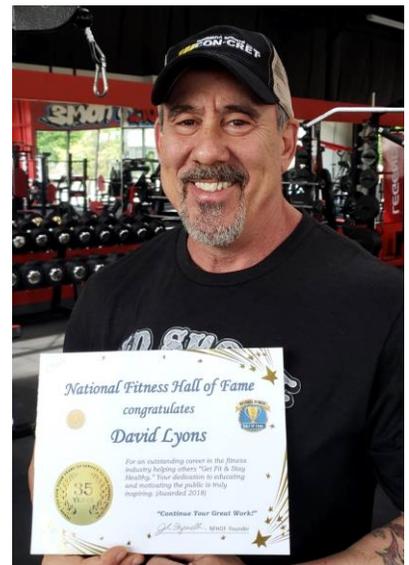
Doris Barrilleaux founded the Superior Physique Association (SPA) in 1978, the first women’s bodybuilding organization run for women and by women. She also began publishing the SPA News, a newsletter dedicated exclusively to female bodybuilding. SPA disseminated information to women about contests and proper training and dieting. On April 29, 1979, SPA held Florida’s first official women’s contest in which thirteen women competed.





On March 11th the NFHOF held it's **2018 Family Fun & Fitness Day** benefiting the MCHS Girl's Volleyball & the Minooka Tennis Club. Everyone present got to experience "Fitness For All" with Organized Games & Crafts, Balloon-E-Ball, Participant Awards, Book Sale, Team Demonstrations, Raffles, Retro '80s – "Mini" Exercise Classes, Bake Sale, Giveaways & more!
~ Thanks to all who participated!





Back in May we presented **Career Service Awards** to several individuals for their length of time working in the fitness industry. These fitness professionals are also registered to take the NFHOF's inaugural Certified Fitness Expert Course starting July 20th. If you would like to be in the 1st Class, please register today at our website.

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



BILL BOWERMAN, Head Track Coach.

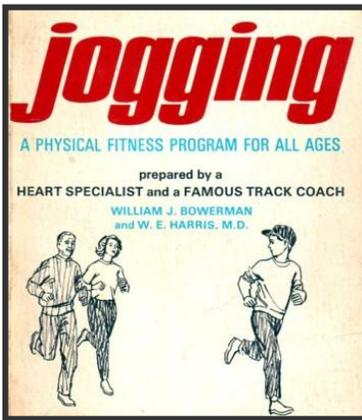
Bill Bowerman – (1911 - 1999) 2018 NFHOF Inductee

Bill was an American track and field coach and co-founder of Nike, Inc. Over his career, he trained 31 Olympic athletes, 51 All-Americans, 12 American record-holders, 22 NCAA champions and 16 sub-4 minute milers. During his 24 years as coach at the University of Oregon, the Ducks track and field team attained 4 NCAA titles, and finished in the top 10 in the nation 16 times.

As co-founder of Nike, he invented some of their top brands, including the Cortez and Waffle Racer, and assisted in the company moving from being a distributor of other shoe brands to one creating their own shoes in house.

During a trip to New Zealand in 1962, Bowerman was introduced to the concept of jogging as a fitness routine. Bowerman brought this concept back to the United States, and began to write articles and books about jogging. He also created a jogging program in Eugene that became a national model for fitness programs. In 1966, along with cardiologist W.E. Harris, Bowerman published a 90-page book titled *Jogging*. The book sold over a million copies and was credited with igniting the jogging phenomenon in the United States.

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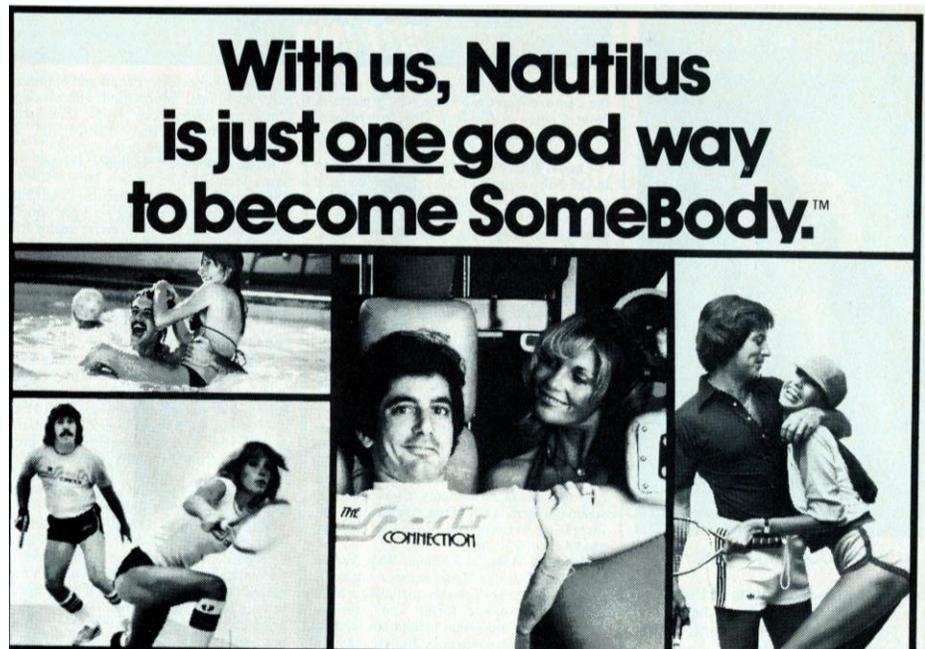


TRIVIA

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

What Fitness Superstar (pictured right) was featured in this 1981 AD for LA's Sports Connection Health Club?

Email your answer to:
nationalfitnesshalloffame@gmail.com



Paige Palmer – (1916 - 2009) 2018 NFHOF Inductee

Paige was born in Akron, Ohio. She was the hostess of the first daily televised fitness-oriented television show in the United States. *The Paige Palmer Show* ran on WEWS-TV, Cleveland, Ohio from 1948 to 1973. Palmer also designed exercise equipment and fashions for women.

Along with exercise, Paige promoted good healthy eating. Congress named her "*The First Lady of Fitness*" because of her pioneering work in physical activity and exercise.

Paige said, "I wanted to put on exercise classes for employees of companies. I went to the rubber companies, all the stores of Cleveland and Akron. They thought I was out of my mind." Today many, if not most, of the large companies have fitness centers and are following many of the same regiments that Paige recommended more than sixty years ago.

Paige's TV career ended in 1973, when she was diagnosed with *Meniere's syndrome*, a condition that affects the sense of balance. She died years later at the age of 93. She knew she couldn't fall down on television, friends said. She is survived by three sons, six grandchildren, 16 great-grandchildren and four great-great-grandchildren.

(continued page 10)



The 1st Female TV Fitness Celebrity
- The Paige Palmer Show first ran on WEWS-TV, Cleveland, Ohio in 1948

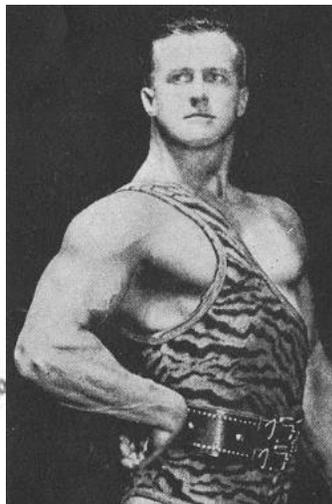


Earle E. Liederman – (1886 - 1970) 2018 NFHOF Inductee

Earle E. Liederman (1886-1970) began his career as a vaudeville strongman and in the mid-1920s. He was born in Brooklyn, New York, he graduated from high school in Jamaica, New York and pursued a degree in physical education. He was hired by the New York Board of Education as a physical culture specialist.

In 1910 he quit his job and embarked on a career as a professional athlete. For eight years, Liederman toured the circuit demonstrating his skills in lifting, acrobatics, and physique display. His theatrical stint developed his showmanship and confidence. He then published his exercise regimen and sold it through the mail along with his book, *Muscular Development*.

Liederman's charmed life and glorious prosperity came to a crashing halt when the stock market took a dive in 1929. By the early 1930s he had lost everything but no matter what kind of adversity struck him, Earle always managed to land on his feet. He became the editor of *Joe Weider's Muscle Power* magazine in 1945 and remained there for 20+ years.



W.T. Rawleigh – (1870 - 1951) 2018 NFHOF Inductee

W.T. Rawleigh was the most famous producer of health products in late 19th century America. In 1889, at the age of 18, Rawleigh set out from his boyhood home in Wisconsin and started selling his products from a horse-drawn buggy. He sold his homemade salve and lotions to the hardworking pioneers of the time. Rawleigh recalls, "I was as green as a cucumber and the only business experience I had was in making inks and selling a few books." Rawleigh was determined to spread the idea of good health and by 1914, W.T. Rawleigh Company was recognized as one of the greatest manufacturers and distributors of over 100 health and household products.

Rawleigh's products became synonymous with high quality and he and his researchers constantly sought out scientific advancements in their product development. W.T. Rawleigh realized early in his sales experience that most people could be sold a product once, but to hold that customer for years, the products needed to be reliable and of a higher than usual quality.

The "Rawleigh Good Health Service" was one of the first companies to publish "Good Health Guides" that advocated a good diet, healthy living through exercise, eating the right foods and even getting fresh air. From pain oils, to mouthwashes and herbal extracts, the W.T. Rawleigh Company is still viable today.



MEMBER SPOTLIGHT on Tracy L. Markley

Age: 52 City: Florence State: Oregon



Favorite Types of Fitness Activities: I love Pilates on the Mat and the Reformer. I love Battle ropes and BOSU balls, I love hiking in the forest and walking on the beach with my dog named Wasabi, who is half

grey wolf and half Siberian husky, I love dancing. I started working in the fitness industry in 1994 as I was working full time at a Pediatric office (10 years there). I soon went full time when I started Tracy's Personal Training in Huntington Beach CA. I had that studio for 17 years. I closed and moved to Florence Oregon in 2013 and I rebuilt Tracy's Personal Training, Pilates and Yoga studio here.

Facebook: www.facebook.com/tracyfitt

Instagram: www.instagram.com/motivate_healthyfit

Website: www.tracypersonaltraining.com

I am the author of 2 books: "The Stroke of An Artist, The Journey of a Fitness Trainer and a Stroke Survivor" & "Tipping Toward Balance, A Fitness Trainer's Guide to Stability and Walking."

I was approved in 2014 with AFAA as an Examiner for Group X Fitness Certification Workshops in the State of Oregon and approved as a FiTOUR® Master Trainer I hold Professional On-Site Fitness Certification Programs and Professional Fitness C.E.C Workshops with FiTOUR®,

JOIN NOW



Health & Fitness Enthusiasts, Runners, Lifters, Bodybuilders & others are invited to join the NFHF as a **FAN Member** and receive many gifts and entry into our Summer Contests! Your membership fee helps support the National Fitness Hall of Fame's Museum & Institute.
www.nationalfitnesshalloffame.com



National Fitness Hall of Fame's 2018 Active Inductees

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Gilad Janklowicz Forbes Riley Joe Lupo Keli Roberts Bill Crawford Elaine LaLanne Brenda Dykgraaf



Frank Ruettiger Margaret Richard Greg Justice Esther Gutiérrez Sloan Dr. Nicholas DiNuble, MD Leslie Sansone Anibal Lopez



Linda Shelton Tony Little Sara Kooperman Dr. Joseph Maroon, MD Judi Sheppard Missett Dr. Phil Claussen, DC Nancy Claussen



Diane Hart John "The Beast" Azari Beth Kuntzleman Charles T. Kuntzleman Mary Ann Wilson Thomas Sattler Melissa Orth-Fray

One of "The Hall's" special projects in 2018 will be the creation of a Digital Art Exhibit which features our Active Inductees. Those terrific individuals who remain active in the industry and also help support the mission of the National Fitness Hall of Fame. Our National Trivia Contest will be a part of this exhibit/project starting July 25th, 2018.

Esther Gutiérrez Sloan



NFHOF Inductee **Class of 2010**



National Fitness Hall of Fame

Dr. Phil Claussen



NFHOF Inductee **Class of 2009**



National Fitness Hall of Fame

Nancy Claussen



NFHOF Inductee **Class of 2009**



National Fitness Hall of Fame