

# Educate • Motivate • Inspire

Official News Magazine of the National Fitness Hall of Fame

Premiere Issue

Spring  
2016



10

*interesting  
facts about*  
**Tony Little**

**Get to Know  
our Active Pros!**

**Plus a special gift offer inside!**

**Highlights  
from the 2015  
Induction  
Ceremony**

**Learn & Earn with the  
NFHOF's New Fitness Educator  
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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.

NFHOF programs and activities include: A National Traveling Exhibit & Tour, An Educational Website featuring a Virtual Tour, "The Hall" at ACSM, A Professional & Fan Membership base featuring a quarterly News-Magazine, Social Media and an Induction Ceremony.



I love the Spring! It is especially wondrous if you live in the Midwest enduring the harsh winters that we receive, and although we had a relatively mild winter this year the warmer temperatures and newness of life are truly welcome...and this year, Spring is especially inviting here at "The Hall" as we are introducing several new things.



☛ We are participating in the Surgeon General's Step-it-Up program, This "Call-to-Action" on Walking is important in helping the entire nation live healthier lives.

☛ Our new NFHOF National Tour will be educating, motivating and inspiring!

☛ Our new specialty certification will provide Fitness Professionals with special skills to *"stand out from the crowd."*

I hope you enjoy this issue of E\*M\*I and please, let me hear from you!

*"Keep Fit & Stay Healthy" ~ John Figarelli*

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# STEP IT UP!

Surgeon General's Call to Action to  
Promote Walking and Walkable Communities



It was an honor for Debbie and I to be on Capitol Hill in Washington DC on Wednesday, February 23, 2016 representing the National Fitness Hall of Fame for the roll-out of the Surgeon General's new "Step it Up" National Fitness Program in collaboration with the American College of Sports Medicine and others. This historic fitness event featured Regina Benjamin, the 18th Surgeon General of the United States along with leadership from the United States Congress, the nation's health care system and the fitness industry.

This program will be a three pronged effort. We will be motivating health care providers to encourage their patients to be active. We will be encouraging municipalities to integrate walk-able and roll-able spaces into their infrastructure.

As chairman of the National Fitness Hall of Fame and a 2012 inductee, I will be leading our iconic inductees to promote fitness both in their communities and on a national level.

Bill Crawford



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# Then & Now

☾ Debbie Drake  
2015 Inductee

Keli Roberts – ➔  
2007 Inductee



## The Keys to Success: Unlocking Excellence - by Keli Roberts

How do you define as success? What does excellence mean to you? Have you ever even given it some thought? Do this for me now: Sit up tall, close your eyes and focus on your breath. As you sit and breathe, I want you to think of the times in your life when you've felt you've been most successful. Now ask yourself, what got you there? What qualities in your personality, what attitudes created that success?

Clearly, excellence and success are subjective. We all have different ways of defining what that might mean to us. But if you've ever looked at someone you admired and wondered how they got to where they are, think about what unique qualities make up their persona. What kind of work ethic do they have? Have they always been successful? Or have they failed and then succeeded?

When I ask myself how I define excellence, there are ten elements, qualities that when combined, create an unbeatable force towards success.

**Determination \* Passion \* Education \* Drive \* Self-discipline  
Attitude \* Resilience \* Integrity \* Inspiration \* Focus**

I want to share a little of my story with you. In 1990 I arrived in Los Angeles with one bag and \$1,000 to my name, not knowing anyone. I didn't have much, but what I did have was a passion for learning, I was driven to continue my education. It was my dream to become a continuing education provider and I was determined to do it! I started studying for the ACE exam and taking classes at Voight Fitness and Dance. I wanted to learn from the best and the instructors there were the top in the world and absolutely inspiring.

# 2015 NFHOF Induction Ceremony



The 2015 National Fitness Hall of Fame Induction Ceremony was truly a memorable event. It started with a VIP Meet & Greet on Saturday evening in a casual setting with everyone having a chance to get to know each other better. On Sunday morning we had an open Board Meeting with several suggestions on how to make "The Hall" even better in the next year and then the weekend was capped off Sunday evening with a VIP reception and dinner, Red Carpet interviews and a fantastic ceremony.

*"It is amazing to see so many Fitness Superstars in one place. There must have been over 1,000 years of fitness experience in that room." Most of the individuals present are still at the top of their game helping tens of thousands (maybe hundreds of thousands) live healthy and fit lives!"*

Thomas, Debbie and Gary, although no longer with us, they were honored on this special day and their legacy will forever be remembered in the archived annals of "The Hall."

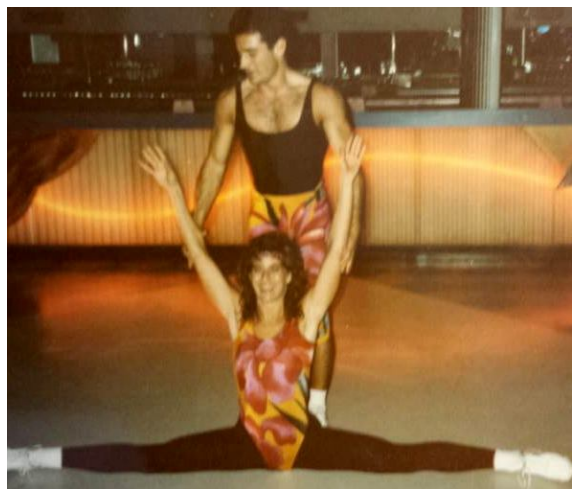
## Class of 2015

Thomas K. Cureton, PhD  
Debbie Drake  
Joe Lupo  
Gilda Marx  
Gary Yankers  
National Federation of  
Professional Trainers



Ron Clark, Angie & April from NFPT, Gilda Marx & Joe Lupo





Alysia Cascio and Greg Justice competing in an aerobic pairs competition in 1985. "The outfits were tight and I laugh every time I see this picture!" ~Greg

## TRIATHLON: NEW FITNESS SPORT OF THE 80s

THE US TRIATHLON SERIES (USTS) – (1982-1993)  
Jim Curl and Carl Thomas formed the US Triathlon Series with the five cities and grew to 120 events at 65 sites and hosted over 100,000 participants.

*"We were really very lucky and grateful to be able to do what we did for 11 years. We caught the wave of Triathlon at a perfect time, got the support of big sponsors and had a great plan for the sport." We were honored all those years to be goals for so many motivated people. We were the first triathlon experience for thousands and a benchmark and racecourse for thousands more." ~ Jim Curl*



**Member Contest:**  
Keith Sullivan submitted the winning picture from his 1986 Bud Light Triathlon experience.

Triathlons were a new "fitness sport" that started to gain popularity in the early 80s.



Many of our Active Pros have been positively influenced directly (or indirectly) by NFHOF Legends such as Bob Delmonte or Debbie Drake who led the way during the early days of fitness.

Bill, Noelle and Clark are just three of the many NFHOF Pros who are ...Educating, Motivating and Inspiring a new generation of individuals to lead healthy lives through regular exercise and proper nutrition.

Learn more about our Active Professionals at our website, [www.nationalfitnesshalloffame.com](http://www.nationalfitnesshalloffame.com)



**Clark Bartram proudly sporting the NFHOF Logo on his jacket.**



# Tony's 10

## 10 things about Tony Little

1

Inducted into the NFHOF in 2006

2

Tony and his oldest son, Trent appeared together on the Nov/Dec 2006 issue of American Fitness magazine.

3

Tony has a Gazelle named after him in the Smithsonian National Zoo; nicknamed "Little Tony."

4

Tony is a very reflective and intelligent person.

5

Tony is a great cartoon artist as evident by the picture above.

6

Tony appeared on the cover of Muscle Development magazine with actress Bo Derek!

7

Tony is the only Fitness Professional to be featured in a Geiko Commercial.

8

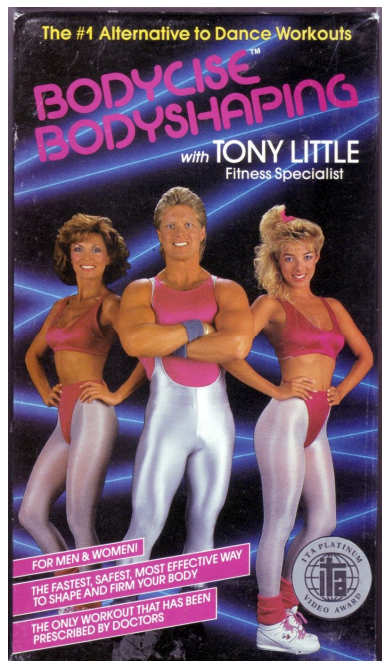
Unknown to many, Tony has huge "Sneaker" collection (gym shoes).

9

Tony is a dedicated family man having a beautiful wife and four terrific kids!

10

In 2014 Tony was the Master of Ceremonies for the NFHOF's Induction Ceremony.





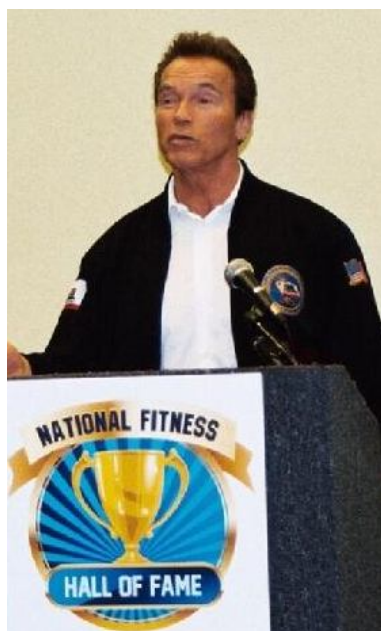
## Learn & Earn \$\$\$

Want to learn more about the History of Fitness?

Want to make money knowing the History of Fitness?

If you answered YES to either of the questions above then you should become a

**NFHOF Certified Fitness Educator!**



Why was 2005 NFHOF Inductee, Arnold Schwarzenegger presented the NFHOF's Spokesperson of the Century Award? Find out in the next issue of E\*M\*I – Not yet a member, join for free today! [Nationalfitnesshalloffame.com](http://Nationalfitnesshalloffame.com)

## **Annual Appeal** – *Please Consider Making a Donation to “The Hall”*

As a nonprofit organization, “The Hall” depends on annual support from individuals and corporations. The Annual Fund provides primary support for museum operations and to maintain and expand our interactive education programs and our terrific exhibits. We work to deepen the public’s understanding of fitness history and its significant role in the health and fitness of our great nation. Your contribution helps to advance these activities and allows us to do so much more. Without the help of our donors, members and friends, “The Hall” would not be able to document the History of Fitness and educate thousands of fans and fitness professionals.

**The National Fitness Hall of Fame is a 501(C)3 non-profit educational organization.**

**The NFHOF National Tour** will travel to 15+ Cities across the country serving to Educate, Motivate & Inspire! Some of EXPOS currently on the schedule:

**May 1<sup>st</sup>** – Minooka Health & Fitness Expo - Minooka, Illinois

**May 21<sup>st</sup> -22<sup>nd</sup>** - EXPO - Prevea Health & Fitness - Green Bay, Wisconsin

**June 26<sup>th</sup>** – 2016 NFHOF Induction Ceremony - Addison, Illinois

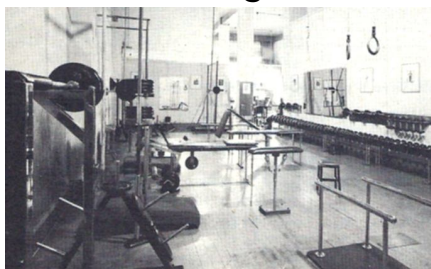
**Sept. 24<sup>th</sup>** - Active Endeavors EXPO & Marathon - Quad Cities, Iowa

**Oct 22<sup>nd</sup>** - Metro Health EXPO & Marathon - Grand Rapids, Michigan

In the Next Issue:



**CrossFit**  
Is it Legit?



**Save the Date – The 2016 National Fitness Hall of Fame Induction Ceremony is June 26<sup>th</sup>**  
visit the website or details





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Kela Webster, ACSM CPT

