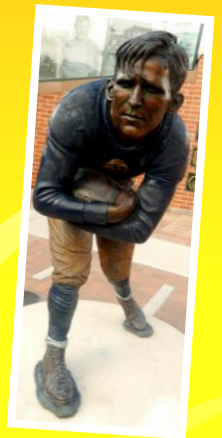


# "One Incredible Year"



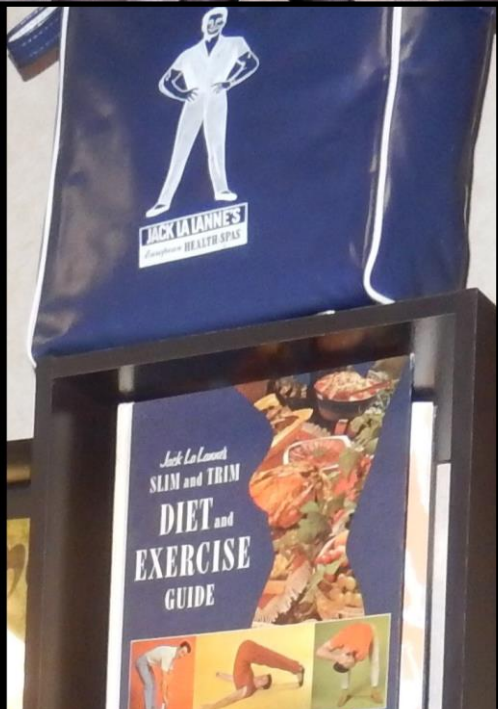
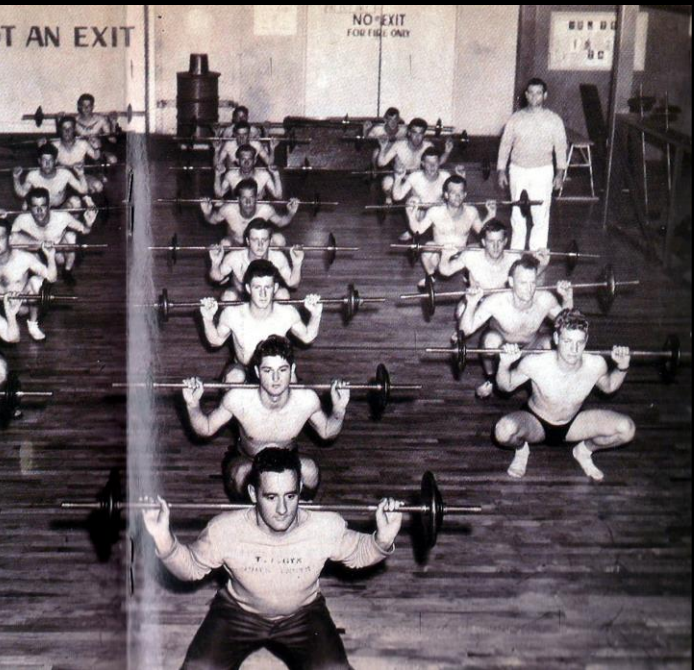
*Now Open!*



# Yearbook - 2016



The Weider  
Wing @ the  
NFHOF



# National Fitness Hall of Fame

## GENERAL INFORMATION

Several years ago, John Figarelli found that little was being done to recognize and remember the efforts that so many have made promoting health and fitness to the American public. The National Fitness Hall of Fame (NFHOF) was founded 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."

Vision: The National Fitness Hall of Fame (NFHOF) is a national showcase that recognizes the accomplishment of yesterday's fitness legends and today's fitness superstars whose passion is to help individuals get fit & stay healthy.

Motto: "Educate \* Motivate \* Inspire"

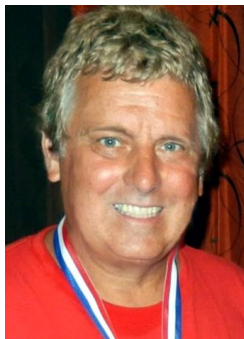
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OFFICIAL SPONSORS





*From the Desk of the Director - Wow! What a year!*

I am happy to report that most of the National Fitness Hall of Fame's goals for 2016 were reached thanks to the help of so many terrific people and organizations that support our programs and services.

The one main objective, that our Board really wanted to achieve, was to re-open "The Hall." This was accomplished on June 26<sup>th</sup> when we held a ceremonial Grand Re-Opening in conjunction with the 2016 Induction Ceremony in Addison, Illinois. Our mobile exhibit was on display as we were preparing the new facility, now located on 203 W. Mondomin Street in beautiful downtown Minooka, Illinois. We invite you to come and visit!

The 2016 NFHOF Induction Ceremony was also very special this year. (Complete details found on page 14).

Another important objective was to redesign our traveling exhibit. The old traveling exhibit was created in 2007 and served us well over the last 10 years. Our new exhibit is updated and more interactive and much more portable. Our National Spokesperson for the 2016 tour was none other than, "America's Personal Trainer," Tony Little. The 2006 NFHOF Inductee has been very supportive of efforts for more than ten years and has assured his continued support saying, "Anything that helps you and the cause!"

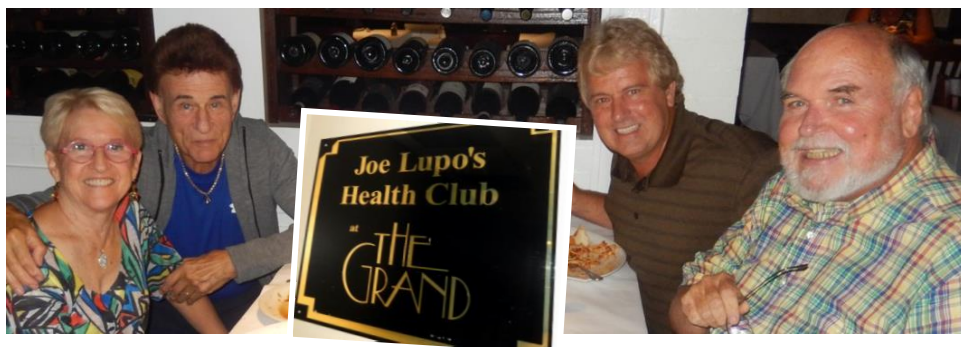
Our Chairman, Bill Crawford coordinated a special partnership between "The Hall," the American College of Sports Medicine and the Surgeon General's office. We were instrumental in helping them with their "Step-It-Up" program. Assisting Bill were two other Board Members; Greg Justice and Leslie Sansone.

We also made some great connections with the LaLanne family and the Lupo family in 2016 and hope to work more closely with them in 2017.

One new program we introduced in 2016 was our "Star Performers" Recognition Awards. Offered to our members, individuals could earn special recognition for excellence in one of eight areas of fitness. (See page 35 for a complete wrap-up report)

Because of the success of the "Star Performer" program, we are now in contract talks with AllenForce, a veteran's group charity, to conduct several contests in 2017. Our *Fitness Warriors Challenge For Charity* will benefit wounded soldiers and their families.

Finally, we are currently developing a new and totally unique courses leading to certification as a NFHOF's Certified Fitness Historian which will allow trainers and teachers to "Rise Above the Rest!"



# National Tour & Exhibit

60,000+  
Visitors!



This exhibit features several Fitness Legends of Yesterday; including Jack LaLane, Joe Weider, Vic Tanny and others.

Pictured above are two of the NFHOF Founding Directors: John Figarelli (left) & Donald Figarelli Jr. (right)

We have been looking to update and improve the National Fitness Hall of Fame's traveling exhibit for several years now to showcase both our terrific Inductees and various items of historical interest.

After the Board decided that a traveling exhibit would be most beneficial in increasing our exposure to both the fitness professionals and fitness enthusiasts, we secured the funding to build the exhibit and conduct the tour. We were also able to create a Virtual Tour from our traveling exhibit which can be viewed at our website.

Special thanks to Jim Whitehead (NFHOF "Volunteer of the Year" in 2012) for providing the space needed to display the exhibit. The American College of Sports Medicine's headquarters, in Indianapolis, Indiana, proved an excellent spot to launch our National Tour. From March to November more than 60,000 fitness enthusiasts had the chance to see what "The Hall" is all about!

# Traveling Exhibit is a Huge Success!

May 2, 2016 - For Immediate Release:

The National Fitness Hall of Fame took its “Show-on-the-Road” as the 2016 traveling expo kicked-off the season stopping in Minooka, Illinois. On Sunday afternoon, May 1<sup>st</sup>, about a hundred people participated in the NFHOF’s “Be Active” Community Expo which focused on

fitness education, active participation and healthy living.



Families and individuals got a chance to fellowship together by participating in crafts, games and contests. Everyone learned about the importance of regular exercise through the NFHOF’s “Fitness

For All” seminar and got a chance to see some of the fascinating museum items showcasing several “Fitness Eras” over the past 100 years. (1900-2000)

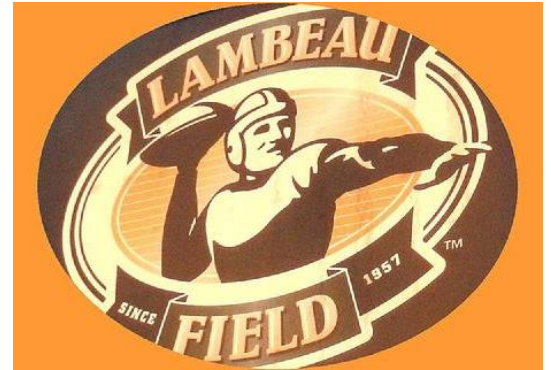
“Educating, Motivating & Inspiring is what this tour is all about, said the Hall’s founder, John Figarelli. “We have made being active, getting fit and learn about fitness history Fun-For-All!”

Of course, all of this would not be possible without the support of our terrific sponsors; the American Council on Exercise (ACE), the American College of Sports Medicine (ACSM), the National Federation of Professional Trainers (NFPT) & IDEA Health & Fitness.

Next stop? The Prevea Health & Fitness Expo in Green Bay, Wisconsin with 14,000 participants!

For more information or to experience a unique Virtual Tour, visit the website: [www.nationalfitnesshalloffame.com](http://www.nationalfitnesshalloffame.com)





The next stop on the Tour was at the Prevea Health Expo during the Green Bay Marathon. This was a very special venue held inside Lambeau field. *The Atrium* of the Packers stadium is beautiful and specifically designed for visitors to enjoy guided tours, a delicious meal, shop at the Packers gift shop and do much more! We even got to see the field where the Packers play.

Many of Wisconsin's "Cheese-Heads" were very interest in learning more about fitness history as several people took our trivia quiz (and did quite well).

Thanks to Booth Volunteers: Julia & Donald Figarelli, Sr.

Next stop? "Corn Country" at the Cellcom Expo in the Quad-Cities.





# TRIVIA

## Test your knowledge of fitness history by answering our TRIVIA questions!

Individuals visiting our exhibit had the opportunity to submit their answers to our trivia and those who did were entered into our raffle drawing. – Several prizes were awarded!

Test your knowledge of fitness history. Answers can be found on page 12.

- 1) What “Totally Awesome” decade boasted the “Greatest Fitness Boom” in history?
- 2) What was most valued in the early 1900s? Good \_\_\_\_\_.
- 3) What activity saw a huge boom in participation in the 1960s & 1970s?
- 4) The 1930s was “nicknamed” the \_\_\_\_\_ Era?
- 5) In the 1950s & 1960s, what shape did most women desire to attain?





### Quad-City Marathon & Expo

This was the Expo that almost wasn't, at least for us. After driving two hours west down I-80 we arrived in the Quad-City area on the border of Illinois and Iowa.

Having a malfunctioning GPS we relied on old-fashions maps to get us to our destination. Well after crossing the "Mighty Mississippi" about a dozen times I was ready to call it a day. So frustrated I was going to pack it in and turn around. Good thing my brother was with me because he said just keep looking a little longer. We finally got there and as it turned out, it was one of our most successful expos of the year. We even got a free breakfast out of it!

Booth Volunteer: Donald Figarrelli, Jr.

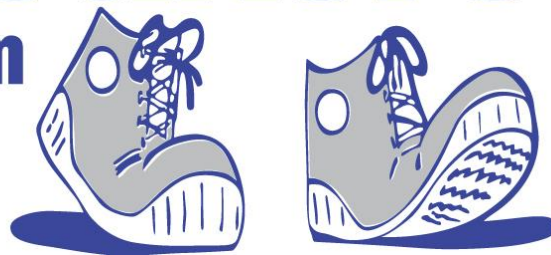


Quad Cities Marathon & Expo - 9/24/2016





# The Silver Sneakers® Fitness Program



The last stop on the 2016 National Expo Tour was in Addison, Illinois at the exquisite fitness facility, Club Fitness. The club's manager, Erin Chapa booked us to come in and give a presentation to the club's senior participants during a special Thanksgiving lunch. Many remembered some of the legends of fitness like Charles Atlas, Debbie Drake and Bonnie Prudden and several tried out some of the vintage equipment that was on display.



**Last Stop  
on the  
Tour:  
"Kiss it  
Goodbye!"**

### Trivia Answers:

- 1) What "Totally Awesome" decade boasted the "Greatest Fitness Boom" in history? **The 80s**
- 2) What was most valued in the early 1900s? **Good Health**
- 3) What activity saw a huge boom in participation in the 1960s & 1970s? **Jogging**
- 4) The 1930s was "nicknamed" the **He-Man** Era?
- 5) In the 1950s & 1960s, what shape did most women desire to attain? **Hour-Glass figure**



# 2016 National Fitness Hall of Fame Induction Ceremony



Lauren Epperson    Kathy Kaehler    Sara Kooperman    Beth Kuntzleman    Esther Gutiérrez Sloan  
 Charles Kuntzleman    Bill Crawford    Dr. Len Kravitz    Dr. Fred Hatfield  
 John "The Beast" Azari    Jim Everroad    John Figarelli    Frank "Rudy" Ruettiger

## National Fitness Hall of Fame Induction Class of 2016



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



National Fitness  
Hall of Fame



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

On June 26, 2016 the NFHOF re-opened its doors to the public. Closed since 2012, the new facility is something to behold. The 800 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!*”

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” Ruettiger
- The NFHOF’s Volunteers of the Year: Beth & Charles Kuntzleman

Everyone seemed to have a great time during this historic day as several inductees expressed tremendous sentiments of gratitude.

“The 2016 National Fitness Hall of Fame was a celebration of the devoted passion of inductees who have dedicated their careers to helping others through exercise. I seek to provide some meaningful education, research and impact to my colleagues and students. In many ways the induction into the National Fitness Hall of Fame is an empowering inspiration for me to continue on this journey.” ~ Best Wishes, Len Kravitz

We would like to thank all of our fantastic supporters, volunteers and of course give a special “shout-out” to our terrific sponsors, the American College of Sports Medicine (ACSM), IDEA Health & Fitness and the American Council on Exercise (ACE) for helping to make this event possible.

For highlights, photos and more, please visit our website @ [www.nationalfitnesshalloffame.com](http://www.nationalfitnesshalloffame.com)



## OFFICE OF THE GOVERNOR

207 STATE HOUSE  
SPRINGFIELD, ILLINOIS 62706

**BRUCE RAUNER**  
GOVERNOR

June 26, 2016

National Fitness Hall of Fame  
PO Box 520  
Minooka, Illinois 60447

Greetings!

As Governor of the State of Illinois, I am pleased to join in celebrating the grand re-opening of the National Fitness Hall of Fame, which recognizes and honors fitness professionals who dedicate their lives and careers to helping others get fit and stay healthy. It's also my pleasure to congratulate the National Fitness Hall of Fame's Induction Class of 2016, John "The Beast" Azari; Fred Hatfield, PhD; Len Kravitz, PhD; and Callan Pinckney.

The National Fitness Hall of Fame (NFHOF) was founded on December 2nd, 2004 to provide a both physical and virtual place, where the lifelong efforts of individuals and organizations are acknowledged and showcased. NFHOF has been on the forefront of educating and advancing the importance of health and fitness. Its many successes are a testament to the organization's dedication to advocating fitness and living healthy.

To celebrate an anniversary such as this is a significant milestone for any organization. This is an excellent opportunity to reflect back on all that you have accomplished over the past 12 years and to make plans for the future that will build on past successes. NFHOF's longevity is a testament to the quality of services it provides and the relationships it has developed throughout the years. I have no doubt that NFHOF will continue to provide the same level of excellence for many years to come.

On behalf of the citizens of Illinois, I offer my best wishes and congratulations to the National Fitness Hall of Fame.

Sincerely,

A handwritten signature in black ink that reads "Bruce Rauner".

Bruce Rauner  
Governor, State of Illinois

# National Fitness Hall of Fame - Induction Class of 2016



Lauren Epperson for

Callan Pinckney

John "The Beast" Azari

Dr. Fred Hatfield, PhD

Dr. Len Kravitz, PhD



NFHF Induction Ceremony acceptance speeches can be watched on YouTube.

<https://www.youtube.com/channel/UCoqnAExnFSbRpmAd-Zsx6Sw>

Please Like them and then Share them with friends, family and fans!





Sara Kooperman Dr. Len Kravitz, PhD

“Dear John - Thank you so much for including all of us. It was a fantastic experience. Such an honor to be part of this incredible family of fitness professionals. We sincerely appreciate all you do!”

Kind regards, Sara Kooperman –  
(2012 NFHOF Inductee)



Esther Gutierrez Sloan & Walt Sloan



Lori Wilkerson Julia Figarelli Teri Brown Fatima Figarelli



Dr. Fred Hatfield, PhD



Dr. Fred & Gloria Hatfield



The Figarellis - Nicholas, Fatima, John & Isabelle

Living Legend, Dr. Fred Hatfield summed up his NFHOF experience saying...

“Being nominated and chosen to be inducted into a Hall of Fame isn’t something I had ever aspired to achieve. Of course, I was honored beyond words, but I didn’t know what to expect when I showed up in Chicago. I was very pleasantly surprised that it was an extremely happy group of dedicated fitness professionals who showed up.

I am, as every one there, just a guy who has had a passion for fitness throughout my entire life.

The “History of Fitness” exhibit was a huge hit for me. I recognized every one of the fitness gadgets there, and most of the books. Waves of nostalgia were powerfully in the air for everyone there. The re-opening ceremony was fun too. I learned that the exhibit was closed for a period of time, and I hope it never closes again. Maybe with the generosity and help of other dedicated fitness professionals, it will remain open for all time. It was exceptionally memorable to hang out with all of the former inductees and the current class of 2016. I knew most by reputation only, and it was a thrill for me to finally get to meet them in person.

Thank you one and all!” ~ Fred



2016 "Volunteers of the Year"  
Beth & Charlie Kuntzleman

We really enjoyed spending time with the new inductees and others engaged with the Hall. We had a very enjoyable conversation with the Pinckney family; neat people and quite funny.

Congratulations on your presentation of the National Fitness Hall of Fame. Your words were humorous and entertaining. I think all enjoyed your delivery and information.

We were also impressed with the dedication of your family to help make the National Fitness Hall of Fame a success. Your appreciation of your family was evident and very moving. There is nothing like family members to encourage, guide and mentor entrepreneurial kinsman.

~Charlie & Beth Kuntzleman



The Pinckney Family accept on behalf of Callan



Two Powerlifting World Champions –  
Dr. Fred & Frank Ruettiger (2012 NFHOF Inductee)



Jim Everroad



Bill & Debbie Crawford



Jake Brown

Dave Wilkerson





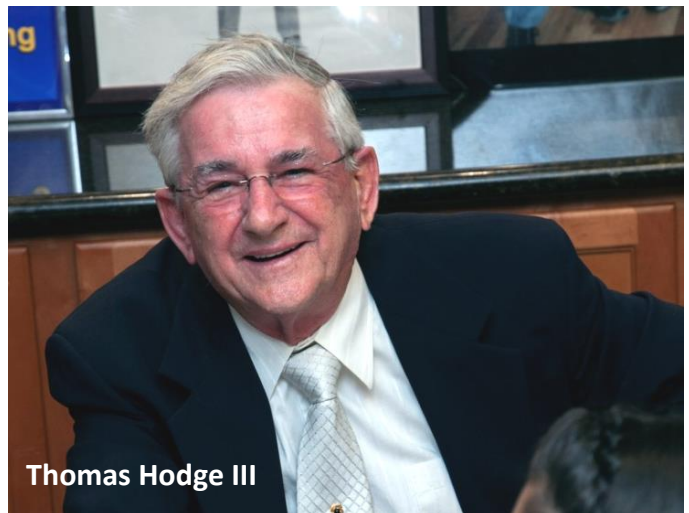
Anne Tumboroello & Lee Roupas



Esther Kathy Kaehler Sara



Bob Zarnowski



Thomas Hodge III

It is truly an honor to share in recognizing and being with individuals who are making a difference in the lives of so many people.

Regards, Esther Gutierrez Sloan  
(2010 NFHOF Inductee)



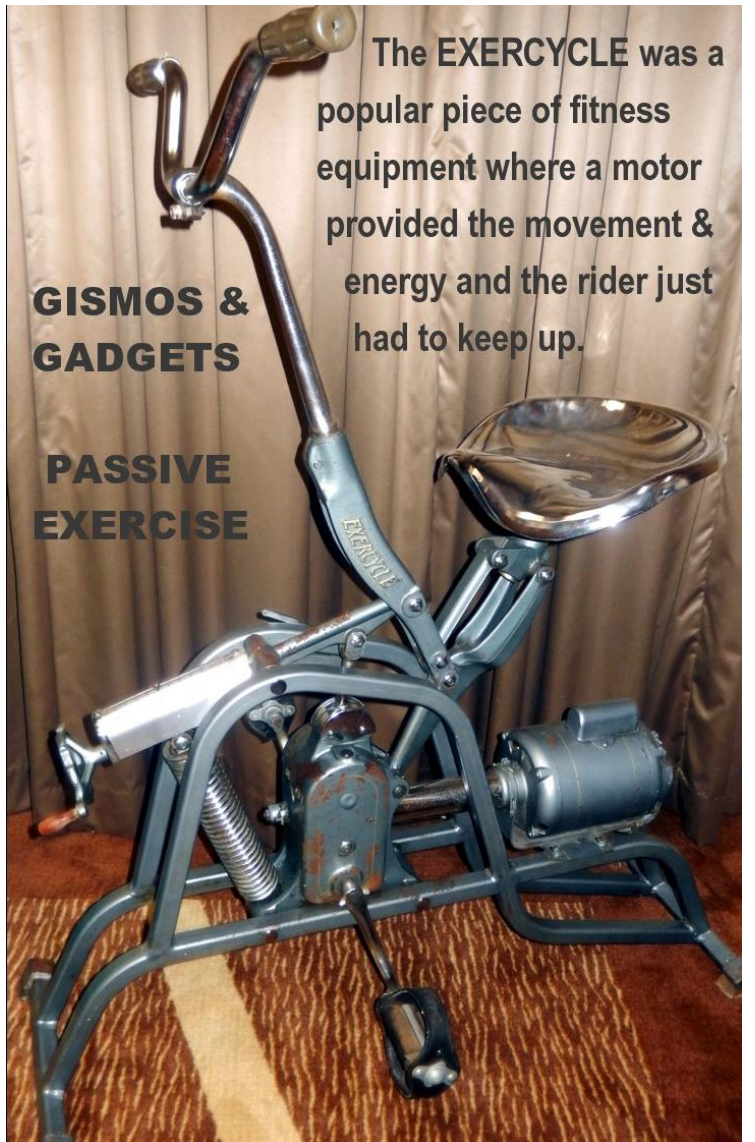
NFHOF Founder, John Figarelli ribbon cutting with family Nicholas, Fatima, Isabelle, Don Jr., Julia and Don Sr.



John Figarelli, Chairman Bill Crawford & Board Member Greg Justice

Come visit "The Hall" at: 203 W. Mondomin Street  
In beautiful downtown Minooka, Illinois





The EXERCYCLE was a popular piece of fitness equipment where a motor provided the movement & energy and the rider just had to keep up.

**GISMOS & GADGETS**

**PASSIVE EXERCISE**



## Why donate to the National Fitness Hall of Fame?

### What does my donation support?

Donations are used to support the following NFHOF activities and programs:

#### National Fitness Hall of Fame & Museum Tours

The NFHOF first opened in Sycamore, Illinois back in 2005. Since then “The Hall” has had two other physical locations. Now we have a permanent home at 203 W. Mondomin Street in beautiful downtown Minooka, Illinois. This fantastic museum offers free guided tours to both the fitness professional and the general public. Special educational Webisodes are also produced within “The Hall” for the NFHOF website and for various other social media outlets. A fantastic online virtual tour can also be experienced at our website – [www.nationalfitnesshalloffame.com](http://www.nationalfitnesshalloffame.com)

#### Interactive displays & exhibits include:

- The Hall of Inductees & Wall of Donors
- The Hall of Fitness History: “1990-2000”
- The Hall of Fitness Innovations: “Gismos & Gadgets”
- Beth & Charles Kuntzleman Reference Library
- The *KidZone* at “The Hall”
- A Special Exhibit: “Fitness Legends, Heroes and SuperStars.”

#### National Traveling Exhibit & Tour

A national tour which features fascinating displays which educate the general public and fitness professionals about the *Eras & Trends* throughout fitness history.

The tour traveled to several cities in 2016, at various fitness venues, serving to educate, motivate and inspire participants to get fit and stay healthy.

#### Educational Products, Website & Virtual Tour

The NFHOF website was already a popular destination for many to learn about fitness history and those who shaped it; however in 2016 we develop an exciting virtual tour and better functionality so that visitors to our site can experience much more.

#### Induction Ceremony

Some funds are used to help subsidize the National Fitness Hall of Fame Induction Weekend which has become a most popular and unforgettable event for all those in attendance.

