

EDUCATE * MOTIVATE * INSPIRE

Official eNewsletter of the National Fitness Hall of Fame

*"With each new day, you
have the opportunity to
make your life better!
Step up and take charge!"*

~ John Figarelli

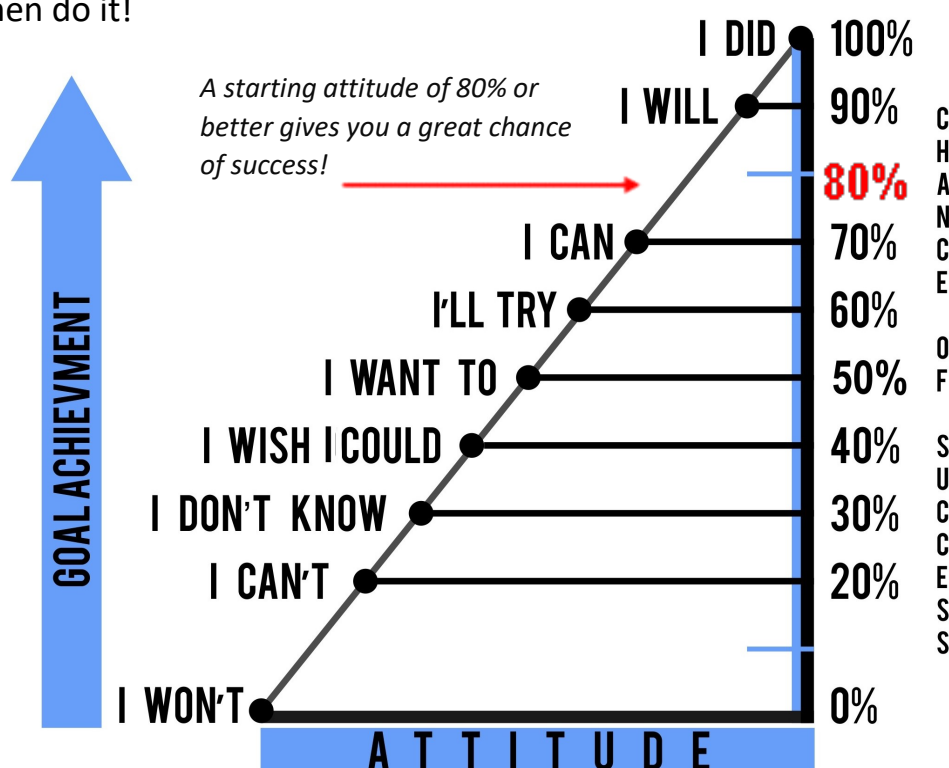


"How are your New Year's Resolutions Going?"

You probably have heard the saying, "Attitude is Everything." This is true to a certain extent however the proper attitude must be combined with appropriate action to achieve your goals. It is not enough to just say, "I'll try it" you must set your mind to the "action-mode" of "I Will" and then do it!

Please take a minute to study this chart and do a personal self-evaluation to determine what your attitude is about reaching your goals or resolutions. Then, perhaps go back and then set some realistic, attainable goals.

*"The power of choice
is the greatest power
we have." ~ Og Mandino*



Choose to take personal responsibility for your actions! ~ Don't make excuses!



NATIONAL FITNESS HALL OF FAME MEMBERSHIP

Benefits of Basic Membership

- ✓ Fellowship with Like-Minded Fitness Enthusiasts
- ✓ Earn Various Achievement Awards & Recognitions
- ✓ Participate in Hall of Fame Challenges & Contest
- ✓ Receive our Bi-Monthly eNewsletter & Holiday Savers Guide
- ✓ Get Certified as a Hall of Fame Fitness Brainiac
- ✓ Get Entered in our "Referral Rewards Program" (Cash & Prizes)
- ✓ Satisfaction Guaranteed!

www.NationalFitnessHallofFame.com



Do you have an interest in Fitness History

Do you enjoy learning about America's Fitness Pioneers

Would you like to learn the various Fitness Eras:

- He-Man Era
- Awesome 80s
- Foundations of Fitness
- & more!

Become an NFHOF Brainiac!

Earn Your Hall of Fame Achievement Awards for 2023 3 Levels of Recognition

- 1) What is your favorite Charity Run?
 - 2) Are you planning to participate in any Fun Runs or Charity Events/Activities this year?
- If YES, which ones?

**TAKE OUR
SURVEY**

Members - Submit your answers at our website, SURVEY page for a chance to win some fantastic prizes and be eligible for our grand prize drawing.

Must be a current 2023 NFHOF Member.

- No purchase necessary / * Void where prohibited



YOU



CAN

DO IT!



"Lifetime Achievement Award" Recipients

2009 - Bob Delmonteque, ND

2010 - Bill Pearl

2011 - Jim Lorimer

2012 - Jack LaLanne

2013 - Paul Bernstein

2014 - Bernarr Macfadden

2015 - Gilda Marx

2017 - Bob Gajda

2018 - Kenneth Cooper, MD

2019 - Joe Lupo

2020 - Tony Little

2021 - Gilad Janklowicz

2022 - Bonnie Prudden

2023 - Bill Crawford

Congratulations Bill!



Bill Crawford has been a leader and visionary in fitness since 1977. In 2012, Bill was inducted into the National Fitness Hall of Fame for his lifelong contributions and was elected to chair the board in 2015. In 2016, Bill represented the NFHOF in Washington D.C. at the Surgeon

General's Call to Action for the "Step it Up" Program in collaboration with the American College of Sports Medicine, ACE, MFA, and others. This historic event featured former US Surgeon General Regina Benjamin, the 18th Surgeon General of the United States, Vivek Murth, the 19th Surgeon General of the United States, along with leadership from Congress, the health care system, and the fitness industry.[more...](https://www.nationalfitnesshalloffame.com/crawfordbill.html)

<https://www.nationalfitnesshalloffame.com/crawfordbill.html>

"Fitness is essential to living well, and I'm so

honored to be recognized alongside the incredible individuals who have done so much in the service of helping others to live their best. The world truly is a better place for the contributions of the industry leaders, instructors, trainers, and teachers in the fields of health and wellness that have achieved "Hall of Fame" status by no small amount of sweat! With these celebrated influencers, I'm thrilled to be inducted into the NFHOF, important and unique in its commitment to the preservation of fitness history. For the past decade, they've pioneered efforts to promote fitness for all by the unhealthy tendencies of our culture that decreases quality of life, limiting our society's ability to flourish. The NFHOF stands alone in its efforts to support an industry integral to the wellbeing of billions, creating value for its members far beyond the prestige of an induction. ~ Leslie Sansone



2014 NFHOF Inductee

Thank you for helping America, "Get Fit & Stay Healthy!"

Condolences to the families and friends and loved ones of these great professionals.

I just found out recently that Joannie passed away last summer. we have been wanted to see her inducted into the National Fitness Hall of Fame for several years while she was living. Below are just some of our Inductees who passed on over the last year of which we know. Our prayers go out to their family and friends. May they Rest in Peace. 🙏

Joanie Greggains, Popular Bay Area TV Fitness and Exercise Host,
Dies at 78; (Died: 5/28/2022)
Starred in Popular "Morning Stretch" Program on KPIX
National Fitness Hall of Fame Nominee



Bill Pearl, age 91 - (October 31, 1930 – September 14, 2022)
2010 National Fitness Hall of Fame Inductee
2010 NFHOF "Lifetime Achievement Award" Recipient



Jim Lorimer, age 96 – (October 7, 1926 - November 24, 2022)
2009 National Fitness Hall of Fame Inductee
2011 NFHOF "Lifetime Achievement Award" Recipient



Ray Wilson, age 94 – (February 19, 1928 - August 22, 2022)
National Fitness Hall of Fame Nominee



John Abdo, age 66 – (Died: August 9, 2022)
2007 National Fitness Hall of Fame Inductee



Clyde B. Emrich, age 90 – (April 6, 1931 - November 10, 2021)
2013 National Fitness Hall of Fame Inductee



Bob Gajda, age 81 – (September 13, 1940 - January 15, 2022)
2008 National Fitness Hall of Fame Inductee
2017 NFHOF "Lifetime Achievement Award" Recipient



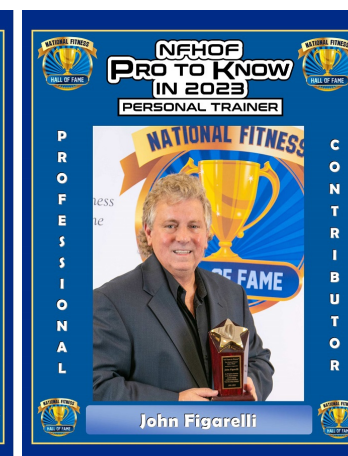
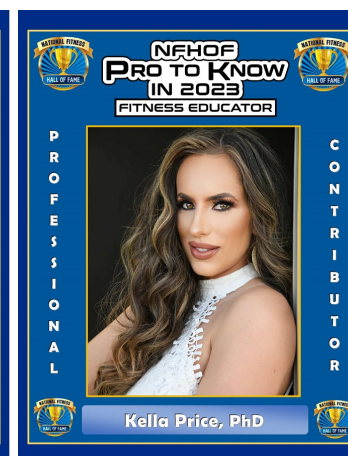
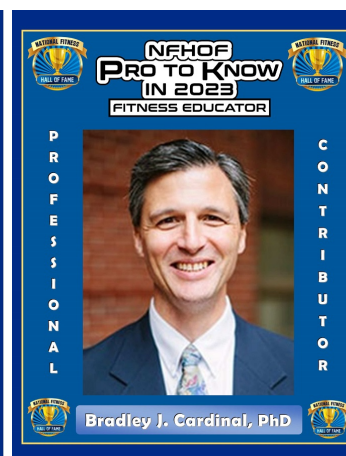
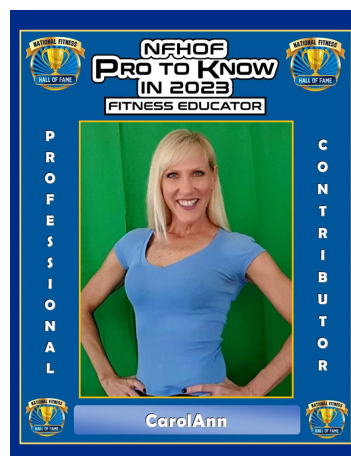
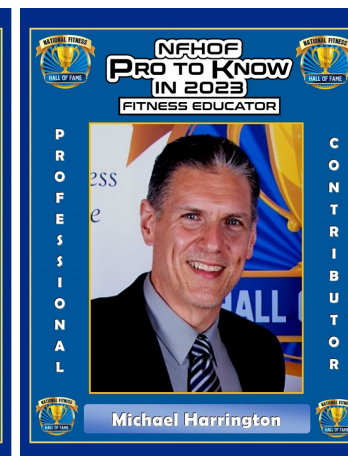
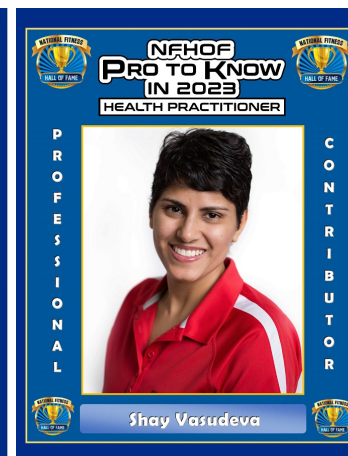
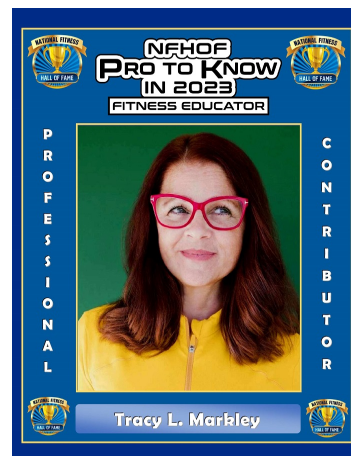
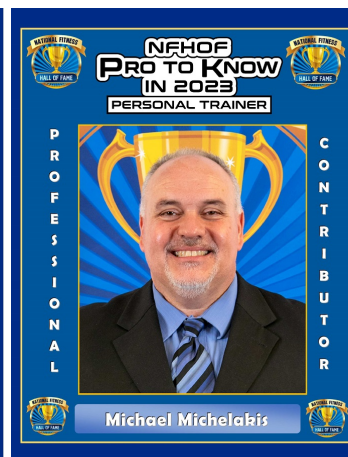
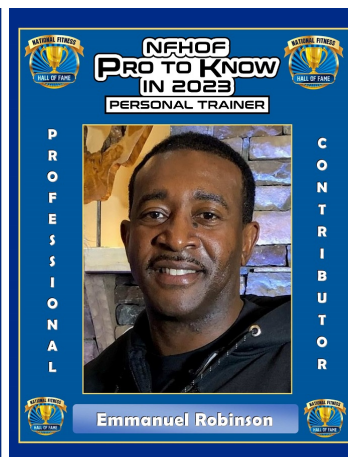
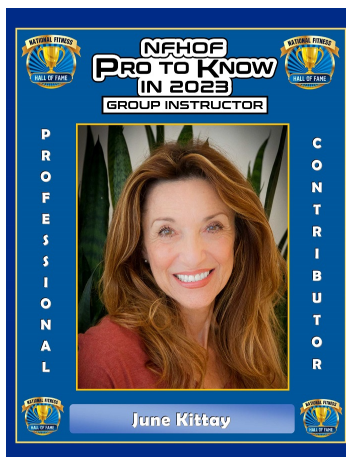
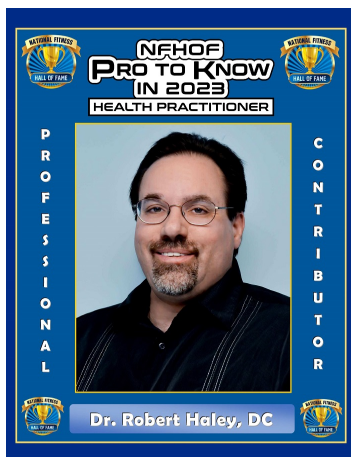
Fred Schutz, age 89 - (October 28, 1932 to January 3, 2022)
2010 National Fitness Hall of Fame Inductee



We would like to introduce our “Pros To Know” Contributors for 2023

Throughout the year, these terrific Hall of Fame Professionals will be providing advice & motivational tips to help our Hall of Fame Members “Get Fit & Stay Healthy.”

Brief Bios of our “Pros To Know” can be found on the next page and on our website.



www.NationalFitnessHallofFame.com

Dr. Haley attended Montclair State College in New Jersey, where he earned a B.S. degree in Physical Education and a Master's degree in Exercise Science. Dr. Haley then headed to beautiful southeastern US and enrolled at Life College in Marietta, Georgia where he earned his Doctor of Chiropractic degree in 1993. Dr. Haley also became a Certified Chiropractic Sports Physician in 1996 and has been a Certified Strength and Conditioning Specialist since 1988. Dr. Haley believes the reduction of physical, emotional and chemical stress is the foundation of wellness and chiropractic care. This is why he prioritizes getting routine adjustments and soft tissue work, exercises, maintains a healthy diet and takes supplements. / www.HaleyHealth.com

June is a Fitness Professional, Author, Writer, Entertainer & Keynote Speaker on Health and Wellness; as well as a highly sought after Active Aging Fitness Instructor, specializing in Line Dance, Yoga Stretch and Active Aging Fitness Activities designed to increase muscular strength, range of movement and activities for daily living. Her well known "Boomba Fitness" and "Emerging thru Movement" programs are just a few of the custom courses she's designed for company, organizations and events, created to motivate, educate, energize and entertain. / www.junekittay.com

Emmanuel is an ISSA Certified Fitness Trainer serving the Raleigh, North Carolina area. He has a long history in fitness and growing up he was very athletic and a member of his High School track team and discovered bodybuilding and developed a passion for it. Unfortunately, Emmanuel tore a muscle during a workout which forced him to give up bodybuilding temporarily. In the following months his weight spun out of control and before he knew it, he found himself with a weight problem that was dangerous to his health and self-esteem. He decided to become a personal trainer to help himself and others. Because he has struggled with obesity, Emmanuel knows what his clients go through and can relate to them in a way other trainers can't. www.fitnesstrainer4life.com

Mike is a physical education teacher at DePaul Academy in South Bend, Indiana and the owner operator of Mike Michelakis Personal Training in Niles, Michigan. He helps clients in the areas of strength training and conditioning by using free weights and machine weight equipment, as well functional training devices. Mike works with dozens of clients on a weekly basis annually. He has taught health education, wellness education, and physical fitness education classes in Niles and Bangor, Michigan. In 2002 Mike earned a Doctoral degree in human performance and health promotion. / www.mikemichelakis.com

Tracy is an award-winning personal trainer, author, and educator with over 20 years of expertise. Tracy was the 2021 IDEA FITNESS Personal Trainer of the Year and a 2020 IDEA FITNESS Personal Trainer of the Year Award finalist. She is an award-winning author of thirteen books. She has received book awards for her stroke recovery books, fitness books, and her children's book on brain care. As a member of the hearing-impaired community, and proud brand ambassador for Starkey Hearing Technologies she continues her tireless quest to help and educate others on the benefits of exercise and the important of health and self-care. www.tracymarkley.com

Johnny Ryder is a Doctoral Degree Candidate (PhD) in Holistic Life Counseling, and holds a Master of Education Degree, in addition to several additional degrees and collegiate certificates. He is a Certified Health and Physical Education Teacher in the State of Arizona. Johnny is also a Certified Master Level Personal Fitness Trainer and Certified Interscholastic Coach, holding numerous individual specialized certifications. He has well over thirty-years' experience in the health and fitness field as an educator, trainer, fitness and martial arts competitor, published author, public speaker, and is the owner of Ryder Fitness-Personal Training Studios in Show Low. / www.ryderfitness.com

Shaweta “Shay” Vasudeva, DAC (Acupuncture, Pending 12/2023), MA (Psychology), MS (Kinesiology) NASM-CPT-CES, THSA-CNT, LEI-CSU, and Tai Chi & Black Belt Karate Instructor is a health practitioner, teaching professional, speaker, and author. Her passion is to help people become the best version of themselves by using an interdisciplinary and holistic approach, bringing 10+ years of experience in Psychology, Personal Fitness Training, Corrective Exercise, Nutritional Coaching, Cranial Sacral Work and teaching Karate & Tai Chi classes to her business, ShayTheCoach. Shay teaches, guest lectures, and develops curriculum at the college and university level for courses such as Physiological Adaptations to Exercise, Kinesiology with Anatomical Applications, Introduction to Psychology, Psychology and Culture, Intermediate Statistics, Business Growth Skills, and Materials & Methods. For more information visit her personal webpage: www.shaythecoach.com and shaythecoachwriting.com.

Mike Harrington is a healthy living advocate and champion for lifestyle medicine. He shares his passion for wellness through his talks, interviews, podcast, articles, blogs, and live broadcast from the woods via his ‘Hike with Mike’ platform. His 200 pound weight loss transformation has been seen on USA Today, Yahoo Weight Loss Win, Gilad’s Bodies in Motion newsletter, numerous articles, television and radio interviews. He has a yearly segment on Fox61’s ‘Real People with Stan Simpson’ where he shares tips on health and wellness. www.mikeinspiresme.com

CarolAnn believes in The Steel Physique™ philosophy. A comprehensive journey consisting of muscle development to increase metabolism, cardio conditioning to burn fat, and mind/body connection to maximize the experience. Whether your goal is to lose weight or tone up, the ultimate benefit is discovering your inner STEEL. You will begin to notice a change not only in your body's physique, but also a change in your entire outlook on life. You will begin to get stronger within your body and within your overall confidence and will. Let's take the journey together and create some heat....creating our Steel Physique™. ~ Live Happily Ever Fit, CarolAnn, M.S., CPT / www.steel-physique.com

With more than three decades in higher education, Dr. Cardinal is a Professor of Kinesiology at Oregon State University. Among other things, he has been recognized as the university’s Elizabeth P. Ritchie Distinguished Professor (2009) and Oregon State University Alumni Association Distinguished Professor (2017). A Fellow in and past-President of the National Academy of Kinesiology, he currently serves as their Historian. He has authored/coauthored multiple books and journal articles, primarily focused on physical activity education across the lifespan (i.e., changing people in changing contexts). His commitment to living an active, healthy lifestyle has been featured in national and regional outlets. <https://health.oregonstate.edu/people/brad-cardinal>

Dr. Kella Price has 20+ years of training experience Kella travels across the globe, teaching and inspiring others. She has been recognized as #2 Trainer globally by Pageant Planet and nominated for Best Coach and Physical Fitness by the GBAs . Kella has participated in a variety of fitness challenges, including Strongman and Powerlifting competitions, ultras, a 600-mi cycling event across Iowa, IRONMAN, and Rim-to-Rim Grand Canyon Hikes. She has been featured numerous times on TV as a health and wellness expert. She is a strength and conditioning coach, training with Dallas Cowboys and NJ Jets. She is a Yoga Therapist certified in several specialties. Kella is fitness content creator for 10 fitness brands for Healthy Fit. / www.kellaprice.org

John started his fitness career in 1981 teaching Slimnastics and Men's Fitness classes at local park districts. From 1987 to 1990, he was selected as the Mainz Community Powerlifting Coach while serving in the US Army in Mainz, Germany. After being honorably discharged from the army, John went on to complete a Master's degree in Exercise Science at the University of Illinois – Chicago. While at UIC, he worked in the Human Performance Lab testing both professional and student athletes. John is the author of 5 best-selling books and in 2004, he founded the National Fitness Hall of Fame (NFHOF) and now serves as director. www.JohnFigarelli.com

National Fitness Hall of Fame



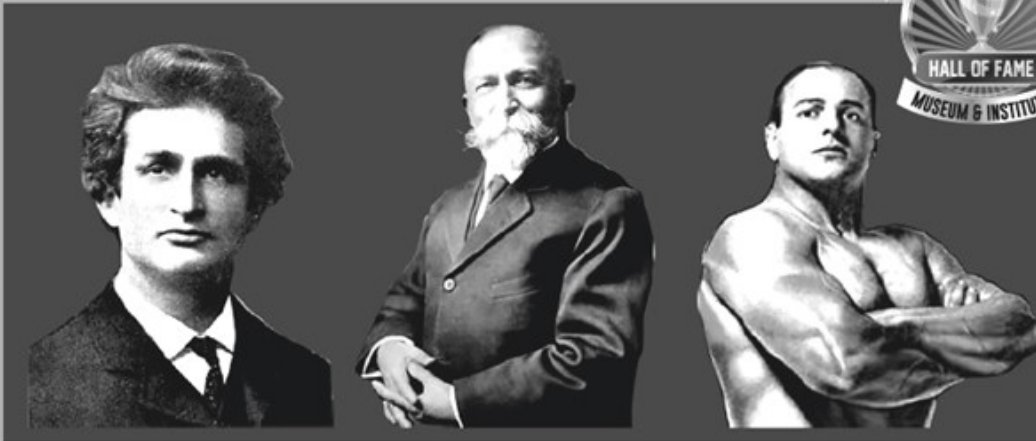
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NFHOF
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Test Your Fitness Knowledge

Name these legendary fitness pioneers.

If you can name 3+ - GD / 5+ - VG / 7+ EX

Find the answers at:

<https://www.nationalfitnesshalloffame.com/fitnessbrainiaccertif.html>