

# “BEST IN THE BUSINESS”

Trainers ★ Instructors ★ Educators ★ Doctors

THE NATIONAL FITNESS 2  
HALL OF FAME'S 0  
ANNUAL SHOWCASE 1  
OF OUR ACTIVE 8  
INDUCTEES  
& PROFESSIONAL  
MEMBERS



EDUCATE ★ MOTIVATE ★ INSPIRE



## The NFHOF “Best in the Business” - 2018

In these pages you will find a brief biography of the Active Inductees of the National Fitness Hall of Fame. We have created special images of these terrific people in stunning Digital Art fashion. You can also learn more about our terrific Professional Members starting on page 18. If you wish to know more about the National Fitness Hall of Fame, its inductees, educational programs and outreach projects, please visit our website at: [nationalfitnesshalloffame.com](http://nationalfitnesshalloffame.com)

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## NFHOF ACTIVE INDUCTEES

One of “The Hall’s” special projects in 2018 was the creation of a Digital Art Exhibit which features our NFHOF Active Inductees. These terrific individuals remain active in the industry and also help support the mission of the National Fitness Hall of Fame.



## John "The Beast"® Azari – 2016 NFHOF Inductee



John "The Beast"® Azari is known as the "*Master Trainer of Legend and World Champions*®" John's training career started at the age of twelve where he dreamed of coming to United State of America the land of opportunity, with the goal of becoming part of American dream.

He realized that to achieve his goals and have a respectable name, he would have to be willing to work hard and sacrifice, as well as be honest and persistent. John's goal was to "never give up nor give in and never stop believing in God, himself or America."

His vast knowledge, experience and wisdom have made him successful nationally and internationally for more than 40 years as a technical and mechanical master trainer in all professional sports and all walks of life. He has been blessed with the honor to successfully train

greatest world champions in different sports. John has been called a "Living Legend" but he considers himself a student of life and the American Dream.

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## Nancy Claussen – 2009 NFHOF Inductee



Nancy has been involved in the fitness industry for over 30 years, both as a champion competitor in various sports, fitness and figure competitions and as an award winning instructor. Nancy created the extremely popular aqua-program, Swimnastics in the 80s and today it is taught all around the Chicago-area.

For a time, Nancy was known as "Hydro" in the Midwest production of the original American Gladiators television show. Nancy's philosophy is to empower one with healthy lifestyles skills and then, she believes, fitness can be a fun part of one's life. She teaches this philosophy during her unique spa retreats, that she conducts at the Atlantic Resort in the Bahamas. She and her husband, Phil, are consultants to the Bahamas Olympic Team.

## Dr. Phillip Claussen, DC – 2009 NFHOF Inductee



Dr. Phil attended the National College of Chiropractic and earned his degree in 1983. He was the Strength and Conditioning Coach for the Chicago Cubs in the 80s. Throughout the years he has used his chiropractic and strengthening skills for the Chicago White Sox, Chicago Bulls, Milwaukee Brewers, and Minnesota Twins. He has also trained and worked on numerous professional athletes encompassing the sports of football, golf, tennis, hockey, auto racing, and bodybuilding. Currently he is serving as a Team Doctor and Strength and Conditioning Coach for the country of the Bahamas. Said Dr. Phil, "Working the Pan Am Games and most recently the 2008 Olympic Games in Beijing, China, this was an amazing experience! "

Dr. Claussen has been in athletics all his life and believes in keeping up a healthy lifestyle himself. This motivates him to stay up on the latest information on health and nutrition. His practice has been dedicated to his mother and father who helped from the beginning to make the office a success.

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## Bill Crawford – 2012 NFHOF Inductee



Bill Crawford has been a leader & visionary in fitness since 1977.

Bill has provided fitness training for thousands, exercising muscles in isolation to muscle failure with equalized resistance through the full range of motion using a safe and effective protocol. Bill is a recognized fitness columnist, consultant, lecturer, and educator. His fitness program with the U.S. Navy led to the development of his iPhone app: Gym-To-Go and GymToGo.com. Bill has trained major sports teams, athletes and Hollywood celebrities and developed careers of many fitness professionals.

Bill was born and raised in the rugged mountain town of Ouray, Colorado where being fit is incidental to the environment. Bill has received numerous accolades as a longtime community leader in municipalities across the country investing valuable time serving in law enforcement, public safety, search and rescue, boards, committees, and volunteer organizations. Bill has owned and developed fitness centers around the world. Since 1997, Basic Training

has been located in Scottsdale, Arizona and is owned and operated by Bill and his wife Debbie.

## Dr. Nicholas DiNubile, MD – 2009 NFHOF Inductee



Nicholas DiNubile, MD is a renowned Orthopaedic Surgeon chosen in "Best Doctors in America." He's a bestselling author of the FrameWork series of health and wellness books and Executive Producer and host of the award winning PBS television special, "Your Body's FrameWork." He has served as Team Physician to the Philadelphia 76ers Basketball Team and Pennsylvania Ballet, and was Special Advisor to the President's Council on Physical Fitness and Sports. He has advised two United States Presidents on matters of health and health policy, and has cared for numerous celebrities and high level athletes. He is Vice President of the American Academy of Anti-Aging Medicine (A4M) and Chief Medical Advisor for the American Council on Exercise (ACE). He was a contributor to the Surgeon General's Report on Physical Activity and Health and pioneered the "Exercise is Medicine" movement. He's an avid tennis player and member of United States

Professional Tennis Association (USPTA) and United States Tennis Association (USTA).

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## Brenda Dykgraaf – 2013 NFHOF Inductee



Brenda is a widely recognized as one of the top exercise trendsetters in today's product-driven fitness industry. She is responsible for being the first to bring dozens of exciting products to fitness enthusiasts worldwide including, but not limited to the all new X-Step System, AirClimber System, Lateral Thigh Trainer, AbRoller Plus, InStride Walker and Revolution Cycle.

Brenda was inducted into the prestigious National Fitness Hall of Fame in 2013. She is a former United States Aerobic Champion, certified by the Aerobics and Fitness Association of America, a Fitness Celebrity on QVC, winner of the 2004 and 2005 "Best Female Presenter" NIMA awards, star of 240 DVD's and 24 infomercials in over 60 countries. Brenda's overall message is "Whether it's one of my exercise DVD's, breakthrough products or live performances, my heartfelt message is always the

same; 'If you rely on the champion within you, you can do anything!'"

## Jim Everroad – 2011 NFHOF Inductee



A frail child, Jim began learning the effects and values of exercise at age six. His brother, Bill, began his early training in running, calisthenics and various sports. At Indiana University, Jim lettered on the amazing I.U. Swimming team under legendary coach, James E. (Doc) Counsilman. Hobie Billingsley tutored him to an AAU National Junior Diving Championship.

His first venture into the field of fitness was his book *How to Flatten Your Stomach*. It sold 2,000,000 copies worldwide, going to #1 on every best-seller list. Tom Brokaw interviewed Jim on the Today Show and both he and Jack LaLanne appeared together. Jim's *Belly Burner* commercial played consistently on various network and cable channels for a year, selling 100,000 units. His jump rope program, the *Lope Rope*, was featured on the cover of *Family Circle* magazine. His programs appeared repeatedly as cover features in *Family Circle*, *Reader's Digest*, and other major periodicals.

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## Esther Gutiérrez Sloan – 2010 NFHOF Inductee



Esther Gutiérrez Sloan, a native Colombian whose family migrated to the United States in 1965, is the President and founder of SALSArbics, Inc. In 2010, Esther was inducted into the National Fitness Hall of Fame in recognition of her pioneering efforts in introducing authentic Latin rhythms and dance steps to the aerobics industry when she created SALSArbics® in 1988. Also in 2010, Esther received the annual "Keeper of the Flame" award from the Chicago International Salsa Congress for her lifelong efforts to keep Latin music and dance alive in American culture.

Esther has led workshops and exhibitions nationally and internationally, at fitness industry events, resorts, health clubs, wellness centers, hospitals, dance and recreation centers, and ethnic festivals. She has been a sought-after motivational speaker and presenter in the educational industry, presenting at elementary, middle and high schools, colleges and universities, for both students and faculty.

## **Diane Hart – 2017 NFHOF Inductee**



Diane H. Hart is a degreed health fitness professional with over 30 years of her career spent in the passionate mission of improving the health and quality of life for all. She is the recipient of the prestigious Lifetime Achievement Award in 2017 from the United States President's Council on Fitness, Sports and Nutrition, a 2017 Fitness Hall of Fame Inductee, Consultant with the United Nations regarding Global non-communicable diseases, President and Executive Director of the National Association for Health and Fitness and Medical Fitness Network subject-matter expert. She is the proud recipient of the Silver Eagle National Leadership Award from BeActive America. As a Health Educator specializing in workforce wellness, she is the architect of Global Employee Health and Fitness Month. Diane has been a visionary in the development of public policy and legislation to promote physical activity in Washington DC. Diane is

the founder/director of Hart to Heart Fitness an intelligent approach to wellness business based in Albany, New York and contributor to the National Physical Activity Plan.

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## **Gilad Janklowicz – 2007 NFHOF Inductee**



Gilad is one of the world's most popular fitness personalities. As a pioneer in the fitness industry, he has helped millions to stay fit with his popular TV programs 'Bodies in Motion', 'Basic Training the Workout' and 'Total Body Sculpt with Gilad'. Filmed on location in the beautiful Hawaiian Islands these aerobic and toning workout shows first aired on ESPN in 1983 and are currently the longest running fitness show in the US. In a viewer's poll, Gilad won the title of 'Fitness Instructor of the Year' for the years 2004, 2005, 2006 and 2007. 'Total Body Sculpt with Gilad' is Gilad's newest fitness show that began airing on Fit TV in January of 2005. It was created for FitTV to complement the existing 'Bodies in Motion' show and give the viewers a dynamic new concept in fitness that focuses on sculpting exercises and strength training. To date, Gilad has generated over 22 top-rated instructional videos.

## Greg Justice – 2017 NFHOF Inductee



Greg Justice is a best-selling author, speaker, and fitness entrepreneur and was inducted into the National Fitness Hall of Fame in 2017. He opened AYC Health & Fitness, Kansas City's original personal training center, in May 1986. He has been actively involved in the fitness industry since the early 1980's as a club manager, owner, personal fitness trainer, and sports conditioning specialist at the collegiate and professional level. Greg is the co-founder and CEO of Scriptor Publishing Group, a publishing company specializing in fitness professionals and The National Corporate Fitness Institute, a certifying body for fitness professionals.

Greg holds a master's degree in HPER (exercise science) and a bachelor's degree in Health & Physical Education from Morehead State University, Morehead, KY.

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## Sara Kooperman – 2012 NFHOF Inductee



Sara Kooperman JD, CEO of SCW Fitness Education and WATERinMOTION®, is a visionary leader that has launched nine successful MANIA® fitness-professional conventions, over 30 live and online certifications, and over 600 video & CEC projects. Sara's humor and warmth is matched only by her devotion to education. She is the proud recipient of the Illinois State Business Woman of the Year and AEA's Global Award for Contribution to the Aquatic Industry. Having been a former adjunct faculty member for the Kenneth Cooper Institute, ACSM, NASM, ACE and AFAA, Sara serves on the Gold's Gym Think Tank, is on the Women In Fitness Association Board of Directors, and is a proud inductee into the National Fitness Hall of Fame. Sara has left an indelible mark on the fitness industry as a whole.

## Len Kravitz – 2016 NFHOF Inductee



Len Kravitz, Ph.D. is the Coordinator of Exercise Science at UNM, where he won Outstanding Teacher of the Year. He has published over 350 peer-review articles and is the author of 'Anybody's Guide to Total Fitness' textbook, which is now in its 11th edition. Most recently he first-authored 'The Essentials of Eccentric Exercise' textbook. Len has given over 1,000 invited presentations at leading fitness conferences in the U.S., Canada, Australia, Brazil, Japan, Thailand, Spain, Portugal, Germany, England, Italy, Taiwan, and Mexico. He was the first professional to be awarded the Fitness Instructor of the Year by the prestigious IDEA Health and Fitness Association. Len has won the Specialty Presenter of the Year two times and the Lifetime Achievement Award from the Canadian Fitness Professional Association. The American Council on Exercise presented Dr. Kravitz with the Fitness Educator of the Year Award. A major highpoint of Dr. Kravitz's career accomplishments is his induction into the National Fitness Hall of Fame.

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## Beth Kuntzleman – 2014 NFHOF Inductee



Beth showed her fitness and business talents at a community college where she instituted and coached a successful women's basketball team, served as department chair, increased the number of fitness classes from 6 to 60 and doubled full and part time instructors that engaged over 1,000 participants annually.

Consequently she was appointed president/co-owner of Fitness Finders, Inc. (FFI) in the early 80s. She negotiated 100+ training workshops, 40+ books and magazine articles and engaged 48 foundations, businesses, government agencies and hospitals to fund youth and adult fitness efforts in 39 states and several countries.

She was Director of Research and Development Initiatives for the Division of Kinesiology (University of Michigan), oversaw and guided a W.K Kellogg grant that evaluated the cardiovascular risk factors of youth and the effects of a risk reduction program on these children. Later she morphed FFI into a Shaping America's Future thrust through 10

motivational programs to encourage behavior change in America's youth. Currently 20,000+ North American schools use these programs.

## Charles T. Kuntzelman, EdD – 2008 NFHOF Inductee



In 1962 National Fitness Hall of Fame Inductee (2008) Dr. Charles Kuntzelman began as a college instructor and coach emphasizing fitness development. At Rodale, he wrote fitness newsletters, magazine articles and The Physical Fitness Encyclopedia--his first of 80 books. He helped merge a Rodale/YMCA of the USA partnership. Called YMCA Fitness Finders, this dynamic outreach fitness compact included 600+ Y's, 6 million children and adults in 39 states and Canada and Australia. Other fitness consultant work included companies, federal/state agencies, hospitals, colleges, schools and many magazines. He was President of the National Fitness Leader's Association, Chair of the Michigan Fitness Governor's Council, and Michigan Fitness Foundation (1995-2007). He spearheaded Michigan's Exemplary Physical Education program (EPEC) involving 60% of MI school districts, and 18 physical education universities. As Professor of Kinesiology (University of Michigan)

he taught, ran BC/BS of MI sponsored Fitness for Youth Program and coordinated an evaluation of youth in 400 Michigan schools on motor skills, fitness levels and knowledge. The results of these data stimulated the Michigan Dept of Community Health to address the health of the state's youth.

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## Elaine LaLanne – 2017 NFHOF Inductee



Elaine, the "1st Lady of Physical Fitness" is a sparkling, vivacious, motivational public speaker, known and loved by thousands for her warmth, and spontaneity, and personal inspiration to others toward a greater joy of living. She stimulates, motivates and educates! Since her early days as a television pioneer, and host in 1948, Elaine has lit up screens all over America.

She also toured the country promoting her books. Elaine has invigorated the Jack LaLanne Power and Fusion Juicer infomercials and has made appearances on countless television programs. Her unique insight towards nutrition and staying in good physical condition is the reason Elaine commonly becomes a recurring guest at many places where she speaks. Elaine LaLanne, she looks young, she acts young, and inspires her audience to be young at any age! With infectious excitement, she paints a picture of the "YOU" that you want to be.

## Tony Little – 2006 NFHOF Inductee



Tony is credited with launching personal training, as a mainstream profession, in America. As America's Personal Trainer, his devotion to helping others combined with his dynamic personality, energy levels beyond reality and personal before and after story have made Tony a favorite among both the public and the media as he continues to capture the attention of audiences worldwide.

Today, Tony is still breaking records as he continues to bring the fitness world new ways to get off the couch and get back in shape. His current accolades include 14 Platinum Video Awards, 9 Gold Video Awards, Record-Breaking infomercials throughout eighty-one countries. More than 45,000,000 people worldwide have benefited from his exercise programs. Without a doubt, Tony knows the formula for success. His life has been a painful one at times, but his attitude on overcoming obstacles is simple, "Conceive, Believe and Achieve™"

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## Anibal Lopez – 2013 NFHOF Inductee



Anibal was born in Rio Piedra, Puerto Rico on August 24, 1942 and grew up in N.Y.C. in the south Bronx. His first glimpse of bodybuilding was at age 12 as his cousins, Raul Pacheco and Ray Jimenez, accomplished bodybuilders of their time and screen star, Steve Reeves motivated him to start training. Decades later he met Reeves where he told Anibal that he considered him one of his favorite bodybuilders. Anibal has won numerous bodybuilding titles and awards statewide. These accomplishments have allowed me to be an advocate for fitness and health, a personal trainer and mostly witness Jesus Christ as my Lord and Savior wherever he is invited.

Anibal is a WBBG Pro Mr. America 1978 and competed in the London, NABBA, Mr. Universe contest. He is an Honoree for the Association of Old-time Barbell and Strongmen (2014) and his book, *"Your Personal Training Guide: Then and Now"* is a bestseller.

## Joe Lupo – 2015 NFHOF Inductee



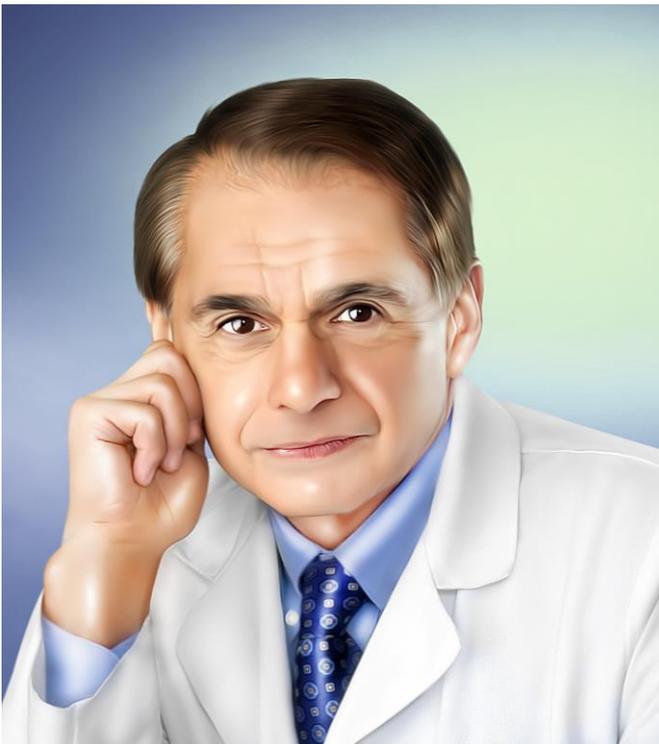
Joe has been in the fitness business as a personal fitness trainer for over 50 years beginning in California and continuing currently in Miami, Florida. He trained his first client in the late 60's and has never stopped. Joe was born in East Harlem, New York in 1938. In 1958 he won the Golden Gloves Tournament in Manhattan and went on to a professional boxing career with a record of 19-1-1 and was inducted into the New Jersey Boxing Hall of Fame.

Through his career he has trained many musical and theatrical performers, as well as several professional athletes, however Joe's calling was to train ordinary people who he knew must be strong to survive life's challenges. He has been doing so longer than any other person.

His weight training method is used by the Cooper Clinic to help rehabilitate heart attack survivors and his "Joe Lupo 30-day diet" has helped thousands of people lose weight successfully. But his real body of work is the more than 5,000 people he has trained in his career.

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## Dr. Joseph C. Maroon, MD – 2010 NFHOF Inductee



Joseph C. Maroon, MD is Clinical Professor and Vice Chairman of the Department of Neurosurgery and the Heindl Scholar in Neuroscience at the University of Pittsburgh Medical Center.

He co-developed the ImpACT<sup>®</sup> neurocognitive test which is the only FDA approved test for concussion assessment and is the standard of care in most amateur and professional sports organizations. He has been the team neurosurgeon for the Pittsburgh Steelers for 30 years and the first neurosurgeon directly appointed in the NFL. He is also the medical director of the WWE.

He retains an athletic interest having competed in 8 ironman triathlons, five at the World Triathlon Championship in Kona, Hawaii. In 2016 he placed first in his age group and fifth globally in the Ironman 70.3.

He has also been inducted into the Lou Holtz Hall of Fame and the Western Pennsylvania Hall of Fame.

## Melissa Orth-Fray – 2010 NFHOF Inductee



For four decades Melissa has been a champion of athleticism. She is a former State champion gymnast, National Champion bodybuilder, Miss Collegiate America, World Champion powerlifter and a 2010 National Fitness Hall of Fame inductee. Melissa is a single digit handicap and 8-time club champion golfer. She has built her practice around helping others improve their game, health, and sense of well-being. Her mastery in multiple sports and certification systems enables her to collaborate with other experts who also speak physical, emotional and developmental languages. Melissa continually improves herself and techniques to create comprehensive assessments and training programs across all performance sports and speaks on those issues at conferences across the country. Like her coach Bob Gajda, Melissa understands that she can and should learn from anyone, including her clients, students, husband and daughter Jordan. Melissa's core value is that we should all be athletes for life.

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## Margaret Richard – 2006 NFHOF Inductee



Body Electric debuted on PBS television in 1984, and was an instant hit with legions of at-home exercisers. Thirty plus years and more than 500 episodes later, series host, creator, and producer Margaret Richard is still bringing her inspirational message and low-impact, common-sense exercise techniques to fitness fans of all ages.

In 1985, Shape Magazine wrote, "Many of us would like to strengthen and firm troublesome body parts, but we don't want to spend hours lifting weights. Margaret Richard has developed the body sculpture program to take on this fitness challenge."

The Body Electric library includes 40 videos and DVDs, the Body Electric Book (McGraw-Hill) and streaming video (VOD). The exercises offer a way for aging bodies to feel fit without stressing joints. You're never too old to work out, to get fit and

toned, and to feel stronger. We baby boomers want to rock, but not in a chair!!!

## Forbes Riley – 2010 NFHOF Inductee



"You are the sum of the obstacles you overcome," Forbes frequently says, as she turns her dreams into reality time and again. Forbes Riley has created a trusted brand name for herself and is recognized internationally as an award-winning TV host, spokesperson, celebrity fitness and lifestyle expert, professional coach, actress, Award Winning Author, creator of the SpinGym fitness sensation and one of the most sought after female keynote speakers. As a motivator and role model, Forbes has a unique connection with her audience that stems from her own personal journey.

Forbes struggled with her own weight and her father's unrealized dream of becoming an inventor. Crowned by the press as the \$2.5 Billion Dollar Host, she was inducted into the National Fitness Hall of Fame in 2010.

By sharing a unique and inspiring philosophy that stresses the integration of fitness, nutrition, and behavioral changes, Forbes empowers people everywhere to define and reach their personal goals.

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## Keli Roberts – 2007 NFHOF Inductee



Keli Roberts is the recipient of the 2003 IDEA International Fitness Instructor of the Year award, 2003 OBOW ECA award for Best Use of Equipment, 2005 for Best Female Presenter and 2008 Lifetime Achievement Award and in 2007 Keli was inducted into the National Fitness Hall of Fame. In 2012, Keli was also awarded Presenter of the Year for Empower! Conventions.

As an ACE Master Trainer and CEC provider, Keli is known for her acclaimed workshops worldwide. Her award winning DVDs demonstrate her exceptional teaching skills. Keli is ACSM CEP and holds certifications through, ACE as a GFI and Gold PT as well as Precision Nutrition. Additionally Keli a Kamagon® Ball Brand Ambassador, an SCW Faculty Member, a BOSU Elite Developmental Team Member and a Schwinn® and IndoRow Elite Master Trainer.

## Frank "Rudy" Ruettiger – 2012 NFHOF Inductee



Coach Rudy established Rudy's Gym in 1974 to teach the youth of today the proper technique in lifting, specifically the Olympic lifts and in the sport of Powerlifting. Rudy has competed in both these sports and has become a champion in both earning several National and World Records. He has also coached football at Northwestern University and the University of Saint Francis and currently coaches at Joliet Catholic High School.

He has received degrees from Northwestern University and the Cooper Institute as a personal trainer and instructor. He has been fortunate enough to be inducted into several Halls of Fame, which he will always cherish.

Coach Rudy always tries to give back to the community and says, "Don't stop believing in yourself and keep pushing forward to achieve your dream."

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## Leslie Sansone – 2014 NFHOF Inductee



Leslie is an internationally recognized fitness expert and creator of the Walk at Home fitness program. Her philosophy is simple: Our bodies were made to move, and we can Walk our way to health and wellness! Leslie holds eight fitness certifications from organizations including The American College of Sports Medicine and Cooper Institute.

With over 30 years experience leading millions to health and wellness (and a 2014 induction into the National Fitness Hall of Fame). Leslie is a highly sought-after contributor to publications including Woman's Day, Real Age, iVillage, Family Circle and many more. She was QVC's first on-air guest and has made national TV appearances for the past 30 years.

Leslie is a wife and mother of three, and loves to cook, eat and WALK!

## Thomas Sattler, EdD – 2007 NFHOF Inductee



In 2005, Dr. Sattler retired from 40 years of teaching at the University of Illinois at Chicago in the College of Applied Health Sciences. Prior to his retirement, he coordinated the graduate program in Applied Exercise Physiology and taught undergraduates in the areas of Functional Anatomy and Biomechanics. During the same time span, he coordinated the training and conditioning programs for the Chicago Blackhawks Professional Hockey Team (1978-1981) and the Chicago Cubs Professional Baseball Team (1982-1988). His most significant accomplishments have been in the area of teaching. He won the "Silver Circle Award" four times and the "Excalibur Award for Teaching Excellence" eleven times. In July 2005, Dr. Sattler joined Symbria Rehab in the Senior Fitness division as the Director of Education and Program Development.

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## Linda Shelton - 2007 NFHOF Inductee



Linda Shelton, inducted into the NFHOF in 2007, is an internationally recognized fitness expert, trainer, lecturer and wellness writer with 45+ years of experience. Acclaimed as an industry leader for her leading-edge, scientifically applied programming, she was a founding member of AFAA, co-authoring their Exercise Standards and Guidelines and Primary Certification. Linda is in constant demand as a "visionary" developer of educational content, creating proprietary programs for current fitness brands, including Zumba, BODYSHRED and Reebok to name a few. She has produced, directed and/or choreographed over 1,500 fitness DVDs and virtual classes, authored eight books and was the Fitness Director for Shape Magazine for 23 years with 7 other Weider publications. Linda continues to innovate, mentoring and working with clients to bring their products and programs to market. In March, 2018, Linda was the recipient of a Recognition Award from

WIFA (Women In Fitness Association) as one of six women honored to have 'birthed the fitness industry.'

## Judi Sheppard Missett - 2005 NFHOF Inductee



Judi Sheppard Missett may be best known as the innovator of the dance fitness industry, but what she truly takes pride in are her 8,300 Jazzercise franchisees, worldwide. After earning her Bachelor of Science degree from Northwestern University, Sheppard Missett launched dance fitness classes that would become the cultural phenomenon now known as Jazzercise. Today, Jazzercise, Inc. earns \$100M annually from its fitness arm and another \$5M in apparel. As Founder and CEO, Sheppard Missett manages 125 employees and develops choreography for roughly 150 routine sets per year, while maintaining her rigorous class schedule.

Judi Sheppard Missett has been honored with many awards in her 50+ year career. From Presidential nods to business awards, her work in physical fitness and in supporting and uplifting women business owners has changed the landscape for women. Perhaps most

notably, Judi and her Jazzercise instructors have raised nearly \$30M for various charities over the years.

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## Mary Ann Wilson - 2017 NFHOF Inductee



Born and raised in Pittsburgh, PA, Mary Ann Wilson is a registered nurse and founder/host of the award-winning syndicated television series, *Sit and Be Fit™*. For 31 years she's been a friendly face on PBS daytime television, connecting with viewers of all ages. Mary Ann is a recognized leader in the field of senior fitness and a pioneer of chair exercise. Her mission is to reach as many people as possible with the message that easy, safe, functional exercise can slow down the aging process, facilitate healing and help the body feel good. *Sit and Be Fit™* has received 31 national health and fitness awards and continues to be a feature "how to" program on public television. Through her training course, *Chair Exercise Basics* (published by Human Kinetics), Wilson continues to inspire other instructors with whom she shares a passion for serving older adults and special populations.



NFHOF Professional Members are recognized by "The Hall" as some of the best health & fitness people in the nation. We support all that they do for the communities they serve. We hope you will support them as well! Please visit their websites and learn more about these terrific people.

**Shaweta Vasudeva, MA, CPT**

Shay is the founder of ShayTheCoach.com.

She has given workshops on various health related topics and her abstract has been published by the International Journal on Obesity.

Locally in Arizona, Shay works with private nutrition and corrective exercise clients. Most of whom are on-the-go working professionals, teaching them how to maintain fitness levels by covering topics such as work-life balance, mind-body techniques, and nutrition and fitness training.

She also teaches as Adjunct Faculty for the Maricopa Community College District.

**Website:** [www.ShayTheCoach.com](http://www.ShayTheCoach.com)

**Residence:** Phoenix, AZ | **Years in the Industry:** 10

**Accreditations:** NASM-CPT; CES, NFPT-CPT, CNT, MA- Psychology, Tai Chi Instructor & Goju Black Belt



**Robert James Haley, MS, DC**

Dr. Haley is a practicing chiropractic physician and nutritionist with over 25 years' experience in clinical practice. Dr. Haley was also a physical education instructor for five years in the NYC public school system. He also served as a part-time strength coach at Jersey City State College.

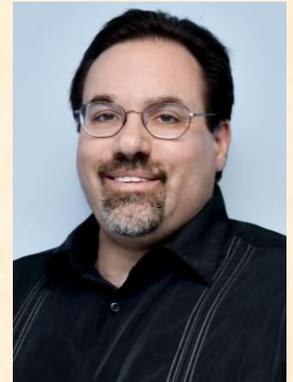
Dr. Haley is the author of "Impatient Nation" and was a regular contributor to "Train Hard Fight Easy" and "Train" magazines.

Member of the New Jersey Martial Arts Hall of Fame.

**Website:** [www.haleyhealth.com](http://www.haleyhealth.com)

**Residence:** Lyndhurst, NJ | **Years in the Industry:** 30

**Accreditations:** Certified Strength and Conditioning Specialist (CSCS), International Certified Chiropractic Sports Physician (ICCS), Diplomate Chiropractic Board of Clinical Nutrition (DCBCN) & Certified Nutrition Specialist (CSN)



### Jim Cipriani, BS, CPT

Jim is 20+ year veteran in the fitness industry who puts as much emphasis on the "personal" as he does the "training." His passion for fitness and desire to help others helped build the foundation of his approach: Better Programs, More Personal Attention and Guaranteed Results!



With over 30,720 "one-on-one" personal training sessions completed over the last 20 years and the best guarantee in personal training, Jim is confident that he will help you achieve your goals the fastest and safest way possible!

**Website:** [www.jimcipriani.com](http://www.jimcipriani.com)

**Residence:** Nashville, TN | **Years in the Industry:** 24

**Accreditations:** BS in Health Fitness & NASM Certified Trainer

### David Lyons, BS, CPT

David is co-founder of the MS Fitness Challenge (MSFC) with wife Kendra and has dedicated his life to helping people with Multiple Sclerosis (MS) understand and be educated on the importance of fitness in their lives. He is the faith based author of David's Goliath, a book on his journey to a bodybuilding stage with MS; writer for Everyday Health, reaching 50 million visitors monthly; owner of the OPTIMALBODY fitness brand. In 2015, at almost 57 years old, he received the Health Advocate Lifetime Achievement Award from Arnold Schwarzenegger.



**Website:** [www.msfitnesschallenge.com](http://www.msfitnesschallenge.com)

**Residence:** Meridian, ID | **Years in the Industry:** 35+

**Accreditations:** B.S. Nutrition, Certified Personal Trainer (NFPT) Educator and Black Belt in Taekwondo

### Gregory Johnstone, CPT

Gregory has been a great ambassador for the past 35 years as a fitness and nutrition specialist who has helped thousands of people achieve a healthy and fit lifestyle by practicing, advocating and preaching the benefits of proper exercise and nutrition. He is recognized as one of the top fitness trainers and nutrition specialists in America today. Gregory is a fitness guru covering all aspects of fitness and nutrition for a men, women and youth of all levels and all walks of life. Gregory is the founder of GetFit-24-7.com



**Website:** [www.GetFit-24-7.com](http://www.GetFit-24-7.com)

**Residence:** Tampa, FL | **Years in the Industry:** 35

**Accreditations:** Certified Personal Trainer – American Fitness Institute, Former National Bodybuilding Champion, Nutrition Specialist, Life Coach & CPR/AED/FA

### Michael Butler, BA, PTA

Michael is the co-owner of an 8,000 sq ft fitness facility, offering sports conditioning, massage therapy; Active Release Therapy; cryotherapy, post physical therapy services. He has trained over 70 athletes to division 1-2 scholarships!



Michael trains both the amateur and professional athlete to maximize their potential. He has surrounded his practice with top health and wellness professionals around the world in order to deliver the best cutting edge services to help each client reach their fitness and wellness goals.

**Website:** [www.kinetixcenter.com](http://www.kinetixcenter.com)

**Residence:** Palm Desert, CA | **Years in the Industry:** 30

**Accreditations:** Bachelors in Physical Education; Licensed Physical Therapist Assistant; NSCA-CSCS; NSCA RSCC\*D, PES; NMT

### Mike Michelakis, PhD

Mike is widely considered the "Ultimate Trainer" in Michiana. He has been a strength coach and a personal trainer for over two decades. Mike is also a former health teacher and is the most awarded fitness professional in the South Bend area. He has built many weight room facilities and has created numerous sports specific programs as well. Mike is a former college and minor league pro football player and currently a powerlifting coach. He is also the most credentialed & experienced trainer in all of Michiana.



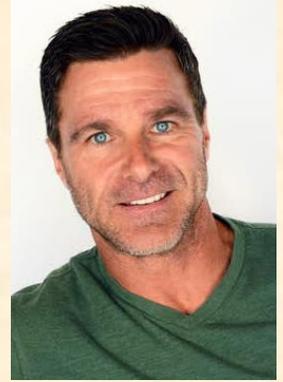
**Website:** [www.mikemichelakis.com](http://www.mikemichelakis.com)

**Residence:** Niles, MI | **Years in the Industry:** 23

**Accreditations:** BS Exercise Science Butler University, MS Kinesiology Indiana University, PhD Health Promotion Western Michigan University, ISTA HPER, NSCA RSCC, NSCA CSCS, ACSM CEP, AHA CPR/AED

### Clark Bartram, CPT

Clark has earned his reputation as "America's Most Trusted Fitness Professional." As a professional fitness model, Clark has appeared easily on the cover of over 130 fitness publications and is considered one of the most successful models in the industry. "As a former Marine he learned many things that are still with him today, like "always be ready!" As a personal trainer, Clark has helped thousands of men and women transform their bodies and their lives. In addition he regularly contributes articles to national fitness magazines. Clark is a devoted husband and father.



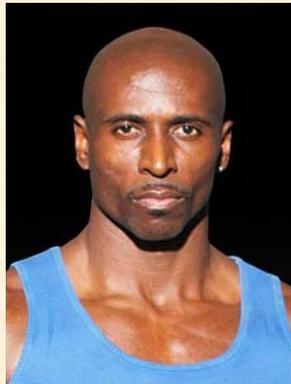
**Website:** [www.clarkbartram.com](http://www.clarkbartram.com)

**Residence:** Escondido, CA | **Years in the Industry:** 30

**Accreditations:** ISSA Master Trainer & DETC Distinguished Student

### Jean Laguerre Sr., CPT

Jean is a personal trainer and CEO of MR. NATURAL CO. He started personal training in 1990 and bodybuilding in 1979 at the age of 16. He has won 18 championships, including the Mr. Natural New York City twice! As a drug-free bodybuilder, his goal was to show and prove just how good a pure natural bodybuilder could be. Jean recently received a prestigious recognition award from the town of Hempstead, Long Island for participating in their Health Fair. He has just published his first book, "The Art of The R.E.P." available on Amazon. He and his terrific wife have been married 30 years having great sons.



**Facebook:** Mr. Natural USA @ Naturally Fit

**Residence:** Queens, New York | **Years in the Industry:** 28

**Accreditations:** NGA Master Trainer Certification

### Thomas DeLauer, CPT

I became a coach after I knew that I could provide what was needed to get the world's best business people the results that they need to be a better spouse, feel better, perform better, and increase their bottom line. The best part, is so much of this can be done without dramatically changing your life, and seeing the optimization take place in my clients is sincerely the reason I continue to do this. Nowadays, I live in Santa Barbara, CA with my wife, four dogs and three horses. Finally, I'm in a position where I can share my knowledge and my skills with those around me and help make great lives even better. *"Optimize your Body, Optimize Your Brain, Optimize your Business."*



**Website:** [www.ThomasDeLauer.com](http://www.ThomasDeLauer.com)

**Residence:** Santa Barbara, CA | **Years in the Industry:** 5+

**Accreditations:** NSCA-CPT, CPC, Member NSCA

### Söl Perry, CPT

Söl is the founder of SolPerry.com. Inspired by his mother's battle against Cancer, Söl lost 130lbs and devoted his life to helping others reclaim their health through fitness and nutrition.



Söl authored "What You Need To Know About Building Muscle Mass," sits on the expert advisory panel for "Consumer Health Digest," placed top 20 in the International Fitness Challenge for the "UFC," Voted "Trainer Of The Year," and is an official judge for the "Guinness Book World Records."

**Website:** [www.solperry.com](http://www.solperry.com)

**Residence:** Louisville, KY | **Years in the Industry:** 10+

**Accreditations:** "Trainer Of The Year" 2014-2018 City Of Louisville- CPT - CPR/AED - Corrective Exercise Specialist - Transformation Specialist - Martial Arts Instructor - Top 20 Competitor UFC International Fitness Challenge 2015 In Las Vegas.

### Amanda Perry, CPT

Amanda is an Award-winning Trainer, Nutritionist, Wellness Coach, Speaker, and along with her husband, she is the co-owner of Söl Perry Fitness, one of top-training studios in the nation specializing in total body & life transformations from the ground up.



Having personally lost over 70lbs, she instills the value of nutrition and training to thousands of clients across America with 13 years of medical experience from oncology to gastroenterology. She has competed in Equine, Gymnastics, and Track & Field.

**Website:** [www.solperry.com](http://www.solperry.com)

**Residence:** Louisville, KY | **Years in the Industry:** 10+

**Accreditations:** Certified Personal Trainer (CPT), CPR/AED, MA (Medical Assistant), CPT (Certified Phlebotomist Tech), Lab Tech (working with cancer patients)

### June Kittay, CEO, BSED, AFAA

June is a fitness expert, author, lifestyle model, keynote speaker on Wellness and Active Aging and a true "Edutainer." A child of God, she has appeared onstage, television, radio and at nationally and locally renowned organizations. She was voted Ms. Senior Florida America 2012 Fan Favorite and recently awarded the title of "Great Inspirations" on WFLA News Channel 8.



At 68 years young, she truly believes everyone can change the world, one person at a time.

**Website:** [www.JuneKittay.com](http://www.JuneKittay.com)

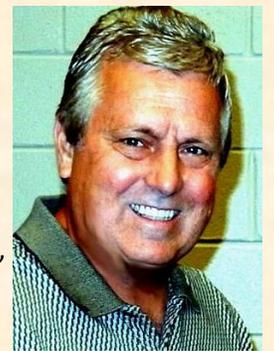
**Residence:** Tampa, Florida | **Years in Industry:** 15

**Accreditations:** AFAA, NASM/AFAA Approved Provider for her program, "Line Dance Young and Old", YMCA, Yoga Fit™, SilverSneakers™ EnhanceFitness™ Dancing for the Dream, Toastmasters International.

### John Figarelli, MS, CPT

#### ~ NFHOF Founder

John started his fitness career in 1981 teaching Slimnastics and Men's Fitness classes at local park districts. From 1987 to 1990, John was selected as the Mainz Community Powerlifting Coach while serving in the US Army in Mainz, Germany. During the mid-90's John owned and operated Fig's Fitness Studio and created the NU-SHAPE Weight-Loss & Fitness Program. In 2004, he established The National Fitness Hall of Fame. John is the author of 5 best-selling books and has helped thousands of individuals lose weight & get back into shape. John has a wonderful wife and two terrific kids.



**Website:** [www.NationalFitnessHalloffFame.com](http://www.NationalFitnessHalloffFame.com)

**Residence:** Minooka, IL | **Years in Industry:** 35+

**Accreditations:** MS-Exercise Science, CPT-ACSM, ACE & IDEA Member

**Jeff Kotterman, LMSN**

Jeff is the founder of the TriSystem Health Network and the Director of the National Association of Sports Nutrition and the first NASN Licensed Master Sports Nutritionist in San Diego, CA. He specializes in breaking performance and fitness plateaus through exercise and nutrition. An engaging and accomplished speaker, Jeff has been interviewed by ABC, CBS, NBC, San Diego's KPBS and the BBC news. An engaging and accomplished speaker, Jeff has been interviewed by ABC, CBS, NBC, San Diego's KPBS and the BBC news. Jeff is a family man, spending most of his leisure time with his wife Tina and their two children.



**Website:** [www.trisystem.com](http://www.trisystem.com)

**Residence:** San Diego, CA | **Years in the Industry:** 30

**Accreditations:** NASN Licensed Master Sports Nutritionist

**Curtis Robinson, CEO, CPT**

Curtis is a rising star in the fitness world. Founding Hot Fitness in 2017, he has trained over 130 clients and the numbers keep growing. He has made a big impact on N.W. Oklahoma's population. Operating his own gym, and an obstacle course race annually he is making an impact in his community.



His reputation online grows as well. Training a number of clients in several states, using his companies' app to reach even more people, Curtis is putting the HOT in Hot Fitness.

**Website:** [www.healthyoptimumtraining.com](http://www.healthyoptimumtraining.com)

**Residence:** Meridian, ID | **Years in the Industry:** 2+

**Accreditations:** NSCA-CPT, CPC, Member NSCA, Bodybuilding/Obstacle Course Racing - 2015

**Tom Terwilliger, CPT**

Tom is equal parts athlete, entrepreneur and motivator. After pulling himself from the world of drug and alcohol abusing outlaw bikers Tom's determination and willingness to sweat earned him a coveted Mr. America title and was the springboard to a successful 16 year career as a Fox Sports Net TV show host. As the #1 bestselling author of 7 Rules of Achievement Tom has taught thousands of individuals the empowering Body Rapport strategies needed to take massive leaps forward in their lives, businesses and careers.



**Website:** [www.MaxMindset.com](http://www.MaxMindset.com)

**Residence:** Westminster, CO | **Years in the Industry:** 35+

**Accreditations:** ACSM PT, Master Practitioner NLP and Clinical Hypnosis, Master Strategic Business Coach, Recipient of the AAU Legends Award, IFBB Pro Body Builder (retired) & Black Belt in two forms of Martial Arts.

**Felix Doval, MS, CPT**

A family surrounded by health issues that early in life, Felix was able to identify were preventable with the proper guidance to exercise and nutrition quickly prompted me at an early age to get involved with fitness. Through many years of experience and continued education, I've been able to help thousands live that healthy lifestyle many only imagine. For the last 18 years I have been lecturing around the world and certifying students with the NFPT.



**Website:** [www.globalfitedu.com](http://www.globalfitedu.com)

**Residence:** Plantation, FL | **Years in the Industry:** 30+

**Accreditations:** MS, Exercise Science, BA, Physical Education, NFPT- Master Trainer, NSCA- CPT & CSCS, Medical Exercise Therapist - NAHA, Fitness Nutrition Specialist-NFPT, dotFit Nutrition Certified Practitioner, Licensed Phlebotomist & IV Technician.

## **NFHOF Professional Members not pictured**

Dr. Vincent (Ben) Bocchicchio | Scottsdale, Arizona | [www.drbenbo.com](http://www.drbenbo.com)  
Lance Dreher | Glendale, Arizona | [www.doctorfitnessaz.com](http://www.doctorfitnessaz.com)  
Karlton Meadows | Riverview, Florida | [www.majesticbalance.com](http://www.majesticbalance.com)  
Charise Stephens | Macon, Georgia | [www.gafitfest.com](http://www.gafitfest.com)  
Donna Fatigato | Carol Stream, Illinois | [www.youniquelifelongfitness.com](http://www.youniquelifelongfitness.com)  
Dr. Bob Weil, DPM | Aurora, Illinois | [www.sportsdoctorradi.com](http://www.sportsdoctorradi.com)  
Rick Streb | Sunrise, Missouri | [www.nutritionprofitsystem.com](http://www.nutritionprofitsystem.com)  
Emmanuel Robinson | Raleigh, North Carolina | [www.fitnesstrainer4life.com](http://www.fitnesstrainer4life.com)  
Rob Boyce Jr. | Cincinnati, Ohio | [www.teamachievefitness.com](http://www.teamachievefitness.com)  
Darin Steen | Mokena, Illinois | [www.fatlosslifestyle.com](http://www.fatlosslifestyle.com)  
Steve Speyrer | Leonville, Louisiana | [www.ClassicAnatomyGym.com](http://www.ClassicAnatomyGym.com)  
Clint Phillips | Chicago, Illinois | [www.fitchicago.com](http://www.fitchicago.com)  
Chad Austin | Overland Park, Kansas  
Ann Gibson | Algodones, New Mexico  
Michael Erato | New Berlin, Wisconsin  
Roseanna Needham-Dryden | Mansfield, Texas  
Dr. Andrew C. Marone, DC | Las Vegas, Nevada  
Dr. Jen Marone, DC | Las Vegas, Nevada  
Tony Floyd | Niles, Michigan  
Sarah Oryszak | Buffalo, New York  
Tom Meredith | Bartlett, Illinois

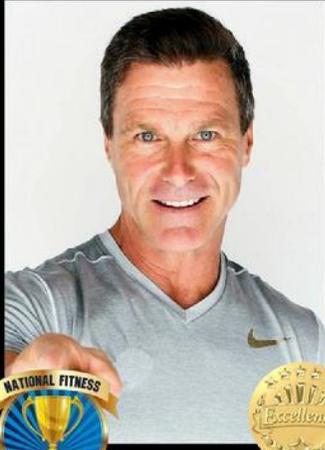


NFHOF Spokespersons were responsible for spreading the word of all NFHOF programs and services that were conducted in 2018 through their Social Media and email contacts. We truly appreciate their time & efforts in doing so.

NFHOF Spokesperson's Creed – "We here at the National Fitness Hall of Fame believe that everyone has the right to be fit, healthy & happy. We believe in the promotion of health and fitness through regular exercise, proper nutrition and clean living. We believe in motivating by example & inspiring through our actions. We are proud to be part of the National Fitness Hall of Fame family.

The National Fitness Hall of Fame's "Best in the Business" Showcase

National Fitness Hall of Fame  
2018 NFHF Spokesperson



Clark Bartram

National Fitness Hall of Fame  
2018 NFHF Spokesperson



Ben Bocchicchio

National Fitness Hall of Fame  
2018 NFHF Spokesperson



Rob Boyce Jr.

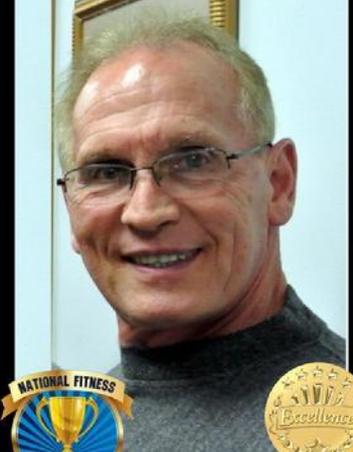
National Fitness Hall of Fame  
2018 NFHF Spokesperson



Jim Cipriani

National Fitness Hall of Fame  
2018 NFHF Spokesperson



Lance Dreher

National Fitness Hall of Fame  
2018 NFHF Spokesperson



Donna Fatigato

National Fitness Hall of Fame  
2018 NFHF Spokesperson



Dr. Robert Haley, DC

National Fitness Hall of Fame  
2018 NFHF Spokesperson



Gregory Johnstone

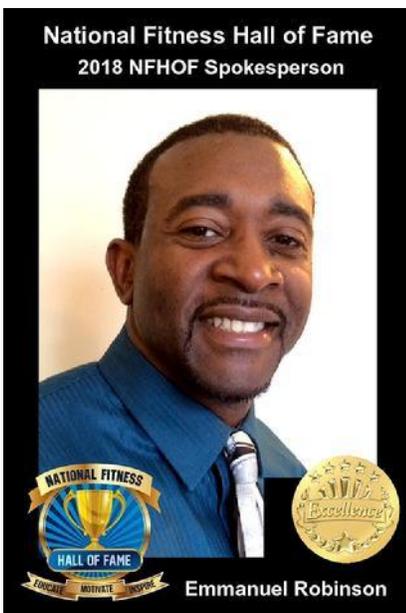
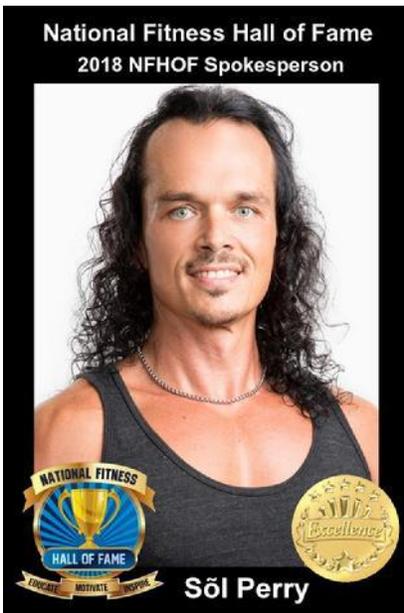
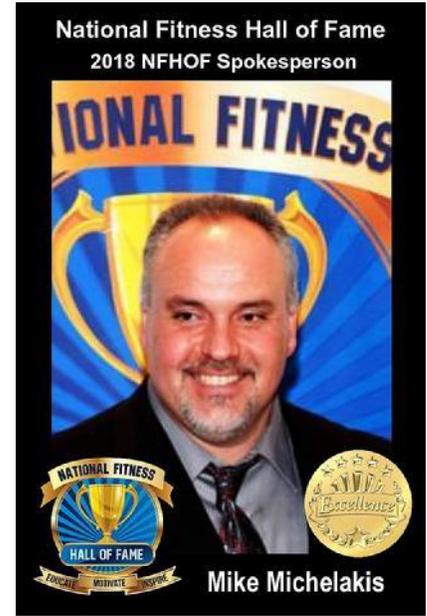
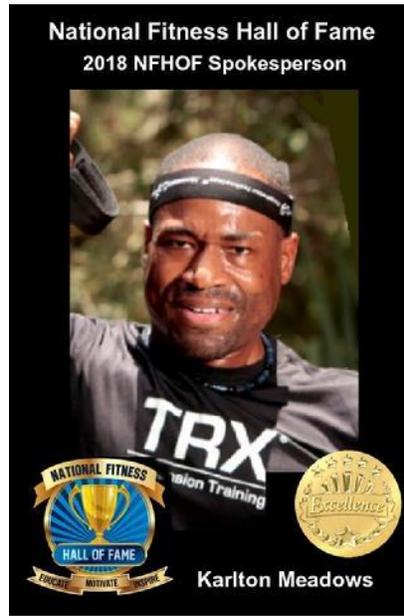
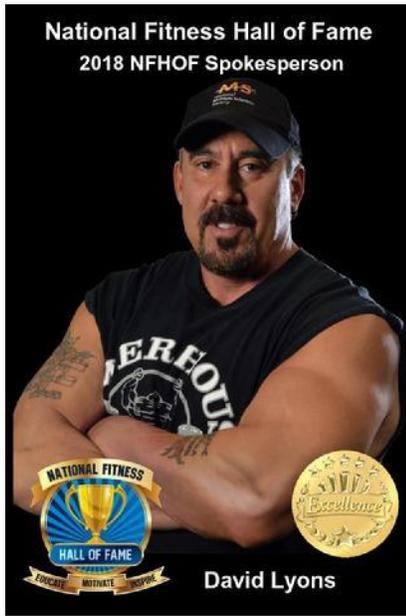
National Fitness Hall of Fame  
2018 NFHF Spokesperson

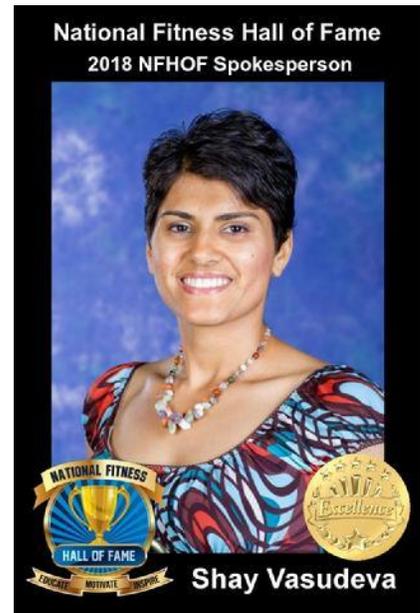
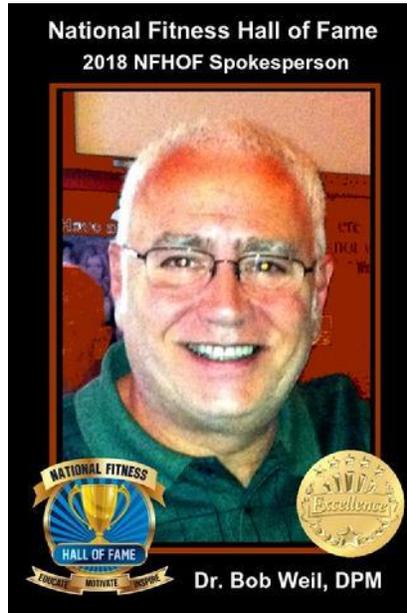
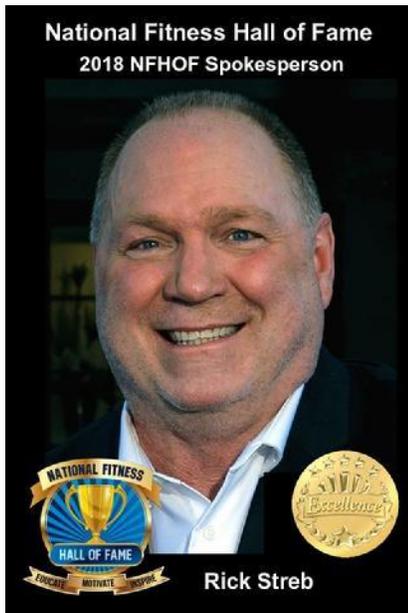


June Kittay

The National Fitness Hall of Fame's "Best in the Business" Showcase





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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 (2011 Inductee)

**ACSM**

**NEW! - Member Spotlight**

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**VOTE**

Dr. Kenneth Cooper, MD – NFHF "Lifetime Achievement Award" Recipient for 2018

**VOTE for BILLI - pg. 8**

**TRIVIA - pg. 7**

**Who are the 2018 Fan Favorites?**

**NFHF's 1<sup>st</sup> Fitness Warrior**  
Gayle Horowitz – page 5

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