

PREMIERE ISSUE

HAPPENINGS AT THE HALL

Official News Magazine of The National Fitness Hall of Fame

Winter 2014

www.NationalFitnessHallofFame.com

Volume #1



Showcase Spotlight

TODAY'S WOMEN OF FITNESS



Also Inside
NEW-NFHOF's CAAs
Career Achievement Awards
for all Fitness Professionals
Meet Tom Campanaro
(2013 HOF Inductee) & our
newest Board Member
"Healthy Heroes"



Become A Member! Join Us Today!

"Preserving the Past while Promoting the Future of Fitness"

Letter from the Founder

This is a very exciting time for all of us here at The National Fitness Hall of Fame. We are celebrating our 10th anniversary year and we have introduced several new programs and services in 2014.



Let me first say thanks to the terrific people who have supported us for all these many years and thanks to our great sponsors, especially our long-time presenting sponsors, the American Collage of Sports Medicine (ACSM) and Total Gym Global and our newest presenting sponsor the American Council on Exercise (ACE). It is with their generous financial support that we are able to continue our mission.


We founded the National Fitness Hall of Fame (NFHOF) on December 2nd, 2004 with a mission of “Preserving the Past while Recognizing the Future of Fitness” and for 10 years we have tried to do just that. Our educational seminar, “100 Years of Fitness” exposes people to the vast and diverse fields of fitness and encourages everyone to live a healthy and fit lifestyle. Our “Healthy Heroes” Kid’s Fitness Initiative allows kids to learn important life values and help them get motivated about the many benefits being fit.

Also in 2014, we are offering Professional & Basic Memberships with many benefits including our new Career Achievement Awards (CAA). And of course the highlight of this year will be our induction ceremony to which I invite you all. This year the 2014 National Fitness Hall of Fame Induction Ceremony will be held on Sunday May 4th (See the website for complete details) Thank you!

I hope you enjoy this Premiere Issue of “Happenings at the Hall!”

Stay Fit & Be Well, *John Figarelli, NFHOF Founder*

HELP YOUR STAFF
**BUILD
EXPERTISE**
Explore ACE
Specialty Certifications»



ACE

NEW from Total Gym!



Total Gym Core Trainer strengthens the abdominals while engaging the entire core musculature. Offering unparalleled versatility for an abdominal machine, it allows for two primary movements – the Dynamic Plank and the SCRUNCH.

totalgym.com



GRAVITY[®]
Total Gym's premier training program.



**ONE CERTIFICATION HAS
ACHIEVEMENT WRITTEN ALL OVER IT.**



ACSM
CERTIFIED
LEADING THE WAY

Tom Campanaro

2013 NFHOF Inductee &
Newest Board Member

We are ecstatic to announce the addition of our newest board member, Tom Campanaro and welcome him to the *Hall of Fame Family*.



Tom founded the Total Gym® Company with business partners Dale McMurray and Doug Marino in 1974, with Larry Westfall joining the team within the year. They developed the Total Gym incline bodyweight trainer, a high-quality version of a machine that encouraged the use of multiple muscle groups together in each exercise—now referred to as “functional training.”

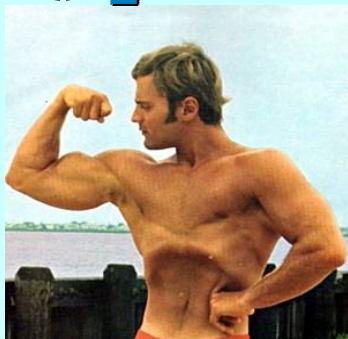
Today, Total Gym is the longest running broadcast infomercial in history, with over 4 million users and a billion dollars’ worth of Total Gyms sold through the infomercial and in retail stores in over 85 countries.

In 2003, the company launched the GRAVITYSystem®, a versatile and turnkey fitness program with 6,000 certified GRAVITY Trainers worldwide, over 3 million GRAVITY workouts are offered each year in commercial fitness and wellness facilities around the globe.



Tom is sure to provide great business advice and strategic planning to the NFHOF.

Tom, pictured here in 1970, still maintains great physical condition & good health.



Our
Condolences

2008 M/C
Don Figarelli

Michael Steven Thurmond (left) 2008 NFHOF Inductee

(May 3, 1949 - June 18, 2013)

Passed away unexpectedly in Chino Valley, Arizona. Michael was born in 1949 in Los Angeles, CA. He served in the Navy during the Vietnam War.

He was a weight loss expert who transformed the bodies of thousands of clients, including numerous celebrities, over the last 30 years through his own customized "blueprinting" technique.

In the early 1980's, Michael started "6 Week Body Makeover" in San Francisco and it became an immediate success. He later moved to Los Angeles and became part of the "expert" team of the hit ABC reality series, "Extreme Makeover," where he helped participants attain their ideal weight.

Michael will be remembered for his generosity, compassion and gentle spirit. He will be missed by all those whose lives he touched.

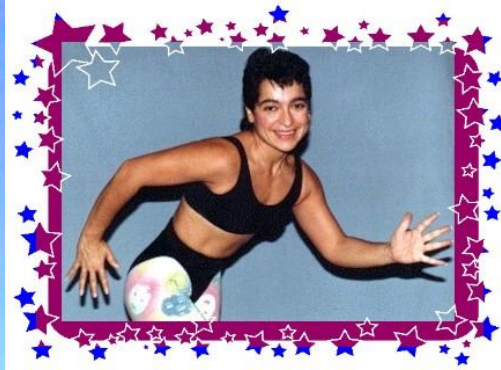


Michael
With
fellow
inductee,
Kathy
Kaehler
at the
2008
NFHOF
Induction
Ceremony.

"Today's Fitness Superstars"



Cathe Friedrich



Esther Gutiérrez Sloan



Debbie Crawford



Leslie Sansone



Tamilee Webb



Nancy Claussen



Brenda Dykgraaf

- * **Swimnastics** * **AirClimber** * **SALSArbics** * **XTrain** *
- * **WalkAerobics** * **Buns-of-Steel** * **Basic Training** *

What do the women shown above have in common; besides being terrific role models for living a fit & healthy lifestyle? Well, they all are scheduled to attend this year's 10th Anniversary NFHOF Induction Ceremony on May 4th, 2014. Find complete details on back cover.



Several years ago, fitness video pioneer **Cathe Friedrich (2011 NFHOF Inductee)** recognized the need to provide a simple, flexible, affordable and motivating way for Americans to exercise and stay fit. Thirty years later, thousands of people have credited Cathe Friedrich for helping them to transform their bodies and their lives with her videos and TV appearances.

Cathe is often credited with being the first to bring advanced fitness videos to the home exerciser and helped shatter the theory that only celebrities could star in fitness videos. As a certified Group Fitness Instructor, Cathe has taught thousands of classes at her New Jersey health club and has helped to train many of today's top instructors. As a leading innovator in the home exercise video industry, in 1988 she founded Step N Motion Videos and in 1989, created one of the first 'step' aerobic videos. Cathe continues to produce fun, intense, and challenging workouts for all body types and fitness levels.

Today, Cathe.com is one of the largest and most visited fitness websites and Cathe's pioneering work in this area has inspired other instructors to market and promote their own fitness videos in a similar fashion. She is the mother of two boys: Eric, age twelve, and Kyle, age ten.

Tamilee Webb (2008 NFHOF Inductee) has earned a Bachelor of Arts degree in Physical Education and a Master of Arts degree in Exercise Science both attained at California State University, Chico. Millions of fans worldwide have long admired Tamilee's no-nonsense approach to mind, body, health and fitness that can be achieved within the home. Her energy, exuberance and specially designed proven weight loss workout programs have consistently elevated her to the top of the Billboard charts.

Her four best-selling books; "The Original Rubber Band Workout," "Step-up Fitness," "Workout for Dummies" and her newest book "Defy Gravity Workout" have contributed to the renown that she has so deservedly earned. Tamilee has been a co-host on the Health Network Channel's aerobic fitness shows now known as Discoveries "Fit TV." She has also hosted ESPN's Fitness Pro Series, and

consulted on Fox Sports Fitness show "Body Squad."

She is best known for her Buns of Steel series that has sold more than 10 million copies. Tamilee's knowledge and acquired experience, combined with her contagious energy, and effervescent personality, have made her an ideal guest speaker.

Esther Gutiérrez Sloan (2010 NFHOF Inductee), a native Colombian, is the President and founder of SALSAróbics, Inc. In 1965, at age 12 she moved with her family to the United States and in 1978 she received a bachelor's degree from Northeastern Illinois University. By 1988 her love of people, music and dance drew her to change her career and create SALSAróbics®, the pioneering form of aerobic exercise that combines authentic Latin rhythms with the steps to popular Latin dances.

Esther created and managed the FITKIDS children's fitness program for the Lake Forest Health and Fitness Institute and is currently the Director of the Youth Fitness Program for the Lake Forest Fitness Center. She also teaches land and water master classes, certified personal trainer and a highly sought after motivational speaker and presenter. Esther and husband, Walt have been married for 41 years and have two terrific daughters.

Debbie Crawford has been in the fitness business since 1998, working alongside her husband Bill Crawford, (2012 NFHOF Inductee). Debbie & Bill own and operate their Basic Training MedX Strength Training Center in Scottsdale, Arizona. Debbie helps people achieve their fitness goals

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Bill Crawford
2012 NFHOF Inductee



Fun Facts from "The Hall"

1896 found the United States in the middle of a bicycle craze. Though different types of bicycles had been around in the United States and Europe for years, recent technological innovation brought about changes in material and design that made the late nineteenth century bicycle a lighter, smoother, and faster ride than ever before. By 1896, there were over 150 bicycle factories in the United States, producing over 1,000 different makes of bicycles for men, women, and children. They were used for recreation and exercise, and in some cases, even for political campaigning.

"I love my National Fitness Hall of Fame jacket and I am proud to wear it. It makes a great statement. As we all know, fitness is more than a job and a career, it is a passionate lifestyle. We have been recognized for serving this life long cause and commitment. The jacket says it all. My only regret is that in Arizona I cannot wear it in the summer months." Bill Crawford



Thank You Leslie!

2014 NFHOF Inductee, Leslie Sansone has generously provided a "Matching Grant" donation of \$5,000 for our Annual Fund - Fundraising Drive (which runs throughout the month of February). We hope you can help us take advantage of this fantastic opportunity to raising the funds necessary to help us runs our terrific programs and continue our mission of, *"Preserving the Past while Promoting the Future of Fitness!"*

"Walk Your Way to Better Health!"
www.walkathome.com

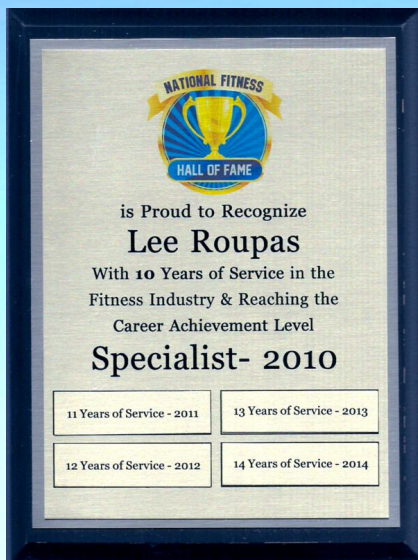
Leslie Sansone
2014 National Fitness Hall of Fame Inductee

1-MILE WORKOUTS
Leslie Sansone
3 Mile Weight Loss Walk
FIRM UP FAST WALK
Leslie Sansone

NFHOF's Career Achievement Awards

For Fitness Professionals

NEW



Health & Fitness Professionals: Get the recognition you have earned!

Professional Members of The National Fitness Hall of Fame can apply to receive annual achievement awards. Receive a beautiful plaque for reaching each specific Recognition Level - 1, 5, 10, 15, 20 & 25+ years (& additional plates for the years in-between).

JOIN US!
Become a member today!



Basic Memberships also available!

Visit our website today - www.NationalFitnessHallofFame.com

NFHOF's Nationally Recognized Certifying Partners:
ACE, ACSM, IDEA, NSCA, NESTA & NFPT & AFAA
If your certifying organization is not listed contact us at
nationalfitness2000@yahoo.com



AMERICAN COLLEGE of SPORTS MEDICINE
LEADING THE WAY



"Being a member of the NFHOF the last five years has afforded me the opportunity to network with other fitness professionals and learn from one another to bring new ideas and workout techniques to the clients we serve. I am also grateful for the lifelong friendships I have established through the NFHOF."

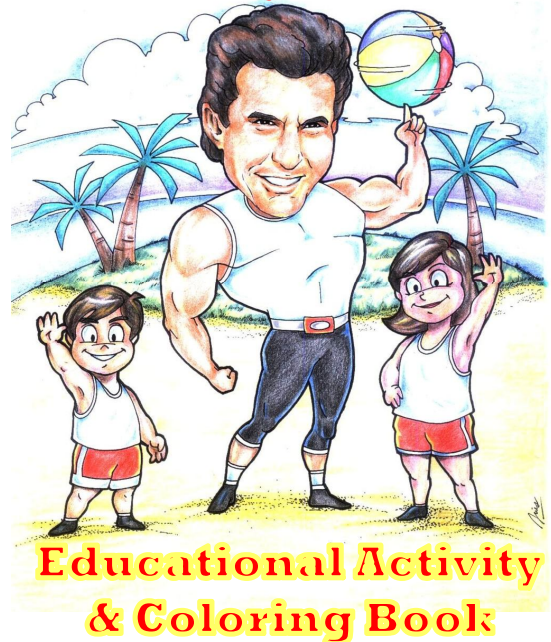
~ Lee Roupas

Lee Roupas – NFHOF Professional Member

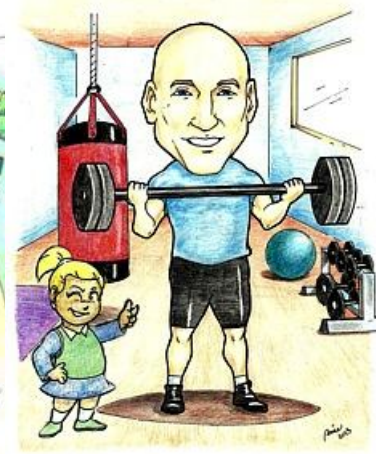
Congressman Gilad?



Gilad Janklowicz's Healthy Heroes



Is the NFHOF Fitness Superstar ready to give up the beaches of Hawaii for a seat in Washington? We're not sure? What we do know is that Gilad is one of our "Healthy Hero Leaders" for 2014!



Coming Spring of 2014

"Healthy Heroes"

These NFHOF activity books are being developed to help kids become "Healthy Heroes." Some of the activities in these coloring book include: Choosing "Good Habits" over "Bad Habits" * Eating Healthy Meals * Being an "Active Person" * Performing Daily Exercise also...Being Happy, Helping Others, Staying Safe & more!

Please check our website this spring to get your motivational books!

Special Thanks to our 2014 "Healthy Hero Leaders"



"Healthy Heroes"
2013-2014



Cathe Friedrich



Tony Little



Tamilee Webb



Mark Rothstein



Bill & Debbie
Crawford



Brenda Dykgraaf



Frank Ruetiger



John Figarelli



Clint Phillips



Greg Justice



Dr. Robert Haley



Exercise your way to
beauty and health with
DEBBIE DRAKE
9:45 to 10:00 AM
Monday through Friday
WHDH-TV © 5

More Fun Facts from "The Hall"

Debbie Drake was the first high-profile female TV fitness stars. Her syndicated programs, "The Debbie Drake Show" and "Debbie Drake's Dancercise," aired from 1960-1978. Also during the 1960's, the *Modern Health Club* became big business. At this time the "King of the Health Club" was Vic Tanny. His innovation was to use bright colors, wall-to-wall carpeting, full-length mirrors, chrome machines and inspiring background music which was a sharp contrast to the gloomy gymnasium typical in that day. To learn more about the history of fitness, please visit our website – www.NationalFitnessHallofFame.com

(continued from page 5)

through personal service and state-of-the-art equipment. She is known for her dedication, knowledge and motivational skills. Debbie has worked with Bill on many national and international fitness projects and she trains clients daily at their MedX center.

Debbie grew up on a working horse and cattle ranch in North Dakota. She is a successful SAG/AFTRA actor and model. She has appeared on E.R, Arrest and Trial and countless national commercials and print ads. Debbie maintains a healthy lifestyle and enjoys working out. When not in the gym, you can find her pursuing outdoor fitness related activities including riding her horse, kayaking, hiking, skiing and healthy cooking. Debbie is passionate about helping others get fit.

Leslie Sansone (2014 NFHOF Inductee) is a nationally recognized fitness expert, and creator of the Walk at Home program. Her philosophy is simple. She believes that our bodies were made to move and we can walk our way to health and wellness. FITNESS WALKING has proven to be the most beneficial of all healthy lifestyle choices in reducing disease and improving the quality of life!

For 25 years, she's taught people of all ages how to get fit, stay fit and feel better about life. What started as a few classes in her fitness center has grown into the #1 walking program in the world. Leslie's energy is contagious and her enthusiasm for walking, and life, is unmatched. She's a walk guru on a mission: to promote healthy lifestyles, to ward off illness associated with obesity and sedentary lifestyles, and to improve public health one stride at a time.

Leslie's life's work also includes being a mother of three. So when she's not leading walk events, producing DVDs, making TV appearances, or supporting national health programs, she's busy keeping up with family life! She contributes her time and expertise to several health organizations and has served on the Leadership Council for IDEA and been a keynote speakers for the ACSM's National Fitness and Health Summit.

Nancy Claussen (2009 NFHOF Inductee) 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.

Brenda Dykgraaf (2013 NFHOF Inductee) is widely recognized as a top exercise trendsetter in today's product- driven fitness industry. She is responsible for bringing numerous breakthrough products to fitness enthusiasts worldwide including, but not limited to; The Ab Roller Plus, The InStride Walker, The Lateral Thigh Trainer, The AirClimber Xpress and many more. She is certified by AFAA as Personal Fitness Trainer and selected by them to train upcoming Fitness Instructors, USA/Europe. Certified and Expert Presenter for IDEA and personally trained and certified by Nautilus equipment founder, Arthur Jones as Professional Fitness Trainer.

Brenda is a spokesperson for 19 different infomercials which have been broadcast in over 30 countries and has appeared monthly on the Home Shopping Network for 16 years and bi-monthly on QVC for six years. She continues to reach new heights in the exercise video industry by choreographing and starring in several exercise videos and DVD's.

Brenda won the prestigious United States Aerobic Championship in two categories; Single Female and Mixed Pairs and also won 18 aerobic championships in three different categories; Single Female, Mixed Pairs and Team. Brenda's overall message is always the same; "If you rely on the champion within you, you can do anything."



*** FLASHBACK ***
(One Year Ago)
Did you know?

Back in February of 2013,
The Smithsonian

Institution's National Zoo in Washington, D.C. celebrated the birth of an extremely rare Dama gazelle and the zoo's staff named it "Little Tony" in honor of Tony Little.

Say one employee, "We were particularly taken by the little guy's energy and zest for life." (Because it never stopped jumping about) They said it reminded them of "another hyperactive, non-stop force of nature," fitness expert Tony Little.

The reporter covering the story wrote, "The normally unflappable fitness icon was deeply moved when told that the calf had been named '**Little Tony**' — a living testimony to his 'never say die' attitude, while embracing a pure joy for living."



Keesha can't nap without Tony's Micropedic Pillow!

"Here's What Was Said"

Hi John,

" I wanted to thank you for the invitation to last night's HOF event. You obviously put a lot of time and energy into it and it really showed. We enjoyed very much the memorabilia that you had on display, what a great testament to the longevity and impact of the fitness industry!"

All My Best, Angie Pattengale, NFPT
National Federation of Personal Trainers

"My husband & I had a wonderful time last night at The National Fitness Hall of Fame Induction Ceremony. It was such an inspiration being in a room filled with so many of the fitness greats. On the ride home last night, my husband was talking about 'next year' attending the Induction Ceremony!" ~ Thank you, Cathy Nolan

Last but not least...

2011
NFHOF
Inductee,
Mark Rothstein
(pictured left)

Was the **Last**

person to tour the NFHOF's museum and has always been willing to help support the mission of the NFHOF. Thanks Mark!



For those who did not get to tour the museum, fret not as we will be launching a new virtual tour soon to complement our remote locations and traveling exhibits.

In the next issue:

Facebook

Yes, No, Maybe?

Leaving you with this thought: "**Nobody talks about 'Global Warming' in January!**" (At least here in Chicago!)



Hope to see you there!

This annual event brings together top professionals from all areas of fitness for a chance to recognize career accomplishments, network with colleagues and friends and socialize with the industry's best and brightest superstars.



2014 National Fitness Hall of Fame Induction Ceremony

Congratulations to the NFHOF Class of 2014



Leslie Sansone



Peter Davis



Beth Kuntzleman



Bobby Hinds



Kathie Davis

Ceremony to be held at the
Glendale Lakes Golf Club

1550 President St - Glendale Heights, IL

Sunday – May 4, 2014
6:00pm – 9:00pm

Meet & Mingle with today's top professionals
in health & fitness. Dinner, Silent Auction,
Fitness Exhibits, Prizes & much more!

Advanced Ticket Purchase Required

www.NationalFitnessHallofFame.com

Join M/C, Tony Little – “America's
Personal Trainer” in celebrating this
unforgettable evening.

Our 10th Anniversary Celebration!



*“The Greatest
Gathering of
Top Fitness
Professionals
Ever!”*

Don't Miss It!

**2006 NFHOF
Inductee**

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of SPORTS MEDICINE**
LEADING THE WAY

