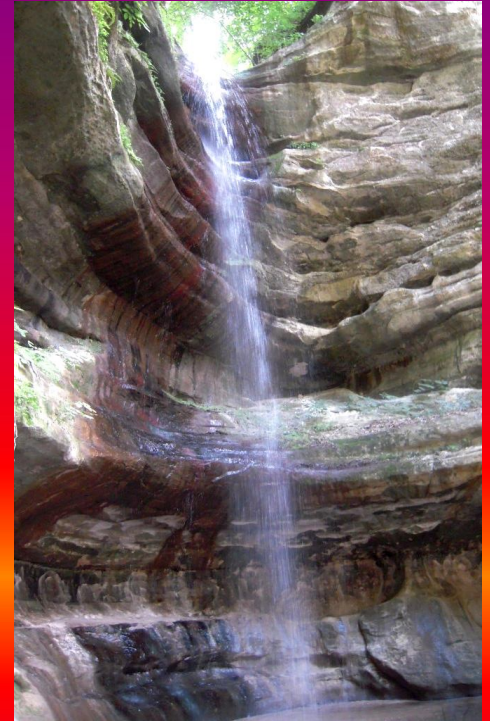


Educate * Motivate * Inspire

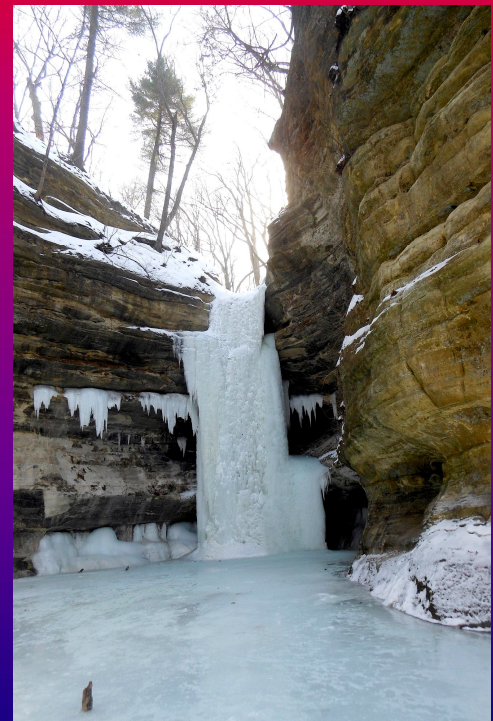
Official Newsletter of the National Fitness Hall of Fame (NFHOF)

Winter 2015

NationalFitnessHallofFame.com



"Perspective"



"Welcome to a New Day at "The Hall"



BOARD OF DIRECTORS

BILL CRAWFORD –
Chairman
Basic Training of
Scottsdale, AZ

TONY LITTLE
Positive Lifestyle
International –
Tampa, FL

LESLIE SANSONE
Walk-at-Home -
New Castle, PA

GILAD JANKLOWICZ
Bodies in Motion -
Honolulu, HI

DON FIGARELLI, JR.
Southwest Airlines -
Chicago, IL

GREG JUSTICE
AYC Health & Fitness -
Prairie Village, KS

FATIMA FIGARELLI –
Secretary

JOHN FIGARELLI –
Treasurer

From the Founder... "Perspective"

I was looking through some old photos when I came across two different pictures a beautiful canyon waterfall. It was St. Louis Canyon found within the Starved Rock State Park System in Utica, Illinois. It was the same waterfall with two very different looks or perspectives. One showed an icy, frozen and stagnate image while the other projected radiating warmth and renewal with "overflowing freshness."

It made me think of "The Hall." After celebrating our 10th anniversary back in May (which was fantastic BTW) we had fallen into sort of a rut. Although things were nice, they were also "frozen" or "stuck in rut" of monotony or predictability if you will. So in July we held a Strategic Planning Meeting where several great ideas broke out and "overflowed with freshness." In November of 2014 we brought in several key individuals to join our board and provide the much needed "warmth" that hopefully will unfreeze our stagnated state and bring energy and excitement back into "The Hall."

It will be interesting, at least from my **perspective**, what "image" will develop from this new endeavor. Please check back often to see what happens.

Have a blessed and revived spring,

Sincerely, *John Figarelli* – NFHOF Founder

The information in this newsletter is meant to supplement, not replace, proper supervised training. The authors and publisher advise readers to take full responsibility for their safety and know their limits. This book is not intended as a substitute for the medical advice of physicians. The reader should regularly consult a physician in matters relating to his/her health and particularly with respect to any symptoms that may require diagnosis or medical attention.

Copyright © 2015 by The National Fitness Hall of Fame

Winter Training Tips by Greg Justice, MA

The onset of winter ushers in a season of exhilarating activities that literally drown the memories of summer. In order to actively participate in these activities, you need to be fit and in good shape. Instead of spending countless hours indoors, it is time to get up and get going as you take advantage of the season to engage in a new set of fitness activities. The following tips will charge you to maintain or even enhance your fitness level as you gear up for outdoor winter activities.

Cross-Training Using Snowshoes

This is one of the top activities that will engage your muscles, pump your arms more and lift your legs higher. It is similar to power running and as you engage the terrain, your muscles will stabilize. Snowshoeing will also raise your anaerobic threshold and sprint capacity on hilly tracks. The beauty with running on snow is that injuries are less common although you will have to be watchful not to twist your ankle or knee from the hidden objects and hardened snow that at times cause uneven footing.

Skiing Uphill and Downhill Using Light Poles and Skis

This activity has the advantage of exercising the entire body and helps in improving your balance, endurance and power. As you are skiing up and down, your arms will be engaged in a cycle of motions similar to the pattern they go through in a swim stroke. Because of the fact that this activity exercises the legs and strengthens the core muscles, it can benefit winter cyclists and runners as well. At every phase of the skiing exercise, the increased demand for oxygen enhances your lung capacity. (...continued)

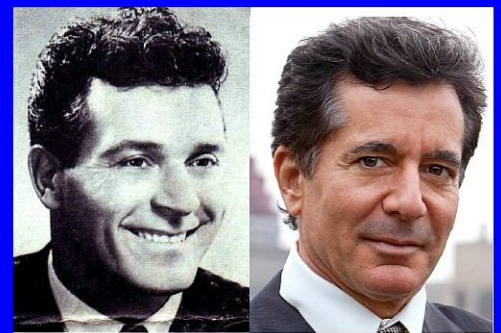


Greg enjoys the fresh powder at the beautiful Aspen Resorts.

The information and advice provided In The Trainer's Corner is from certified trainers however it does not necessarily reflect the views or opinions of the NFHOF. Please use caution and common sense when starting any exercise program.

New from the NFHOF

**LEGENDS &
SUPERSTARS
Coming Soon!**



**An educational series from
The National Fitness
Hall of Fame**



The National Fitness Hall of Fame Presents

America's Top Trainers, Gyms & Fitness Studios

2015



www.NationalFitnessHallofFame.com

The NFHOF is Looking for Top Trainers
 Showcase your gym, fitness center or yourself in our upcoming book,

Visit our website for details

"America's Top Trainers, Gyms & Fitness Centers" - 2015



Much has changed in the fitness arena since Vic Tanny was operating his Health Clubs in the 1960's.

Certified Fitness Professionals - Get signed-up as a NFHOF Professional Member by March 15th to ensure inclusion in this new publication. Coming in April of 2015!

SUPERSTAR - Leslie Sansone

"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



"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 recognizing the industry's top talent. 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. As I continue to develop Walk at Home workouts that make effective, life-changing fitness approachable to an increasingly sedentary population, the NFHOF recognition helps not just me, but those I'm leading to healthier lives. Our fitness videos and Walk Live classes in communities all over the world are greatly served by this significant distinction...and we're all a little healthier for it!"

HEALTHY HUGS to everyone- Leslie

Remembering Fitness Legend – Paul Bernstein by Sandra Bernstein



MR. PHYSICAL FITNESS, USA

Following his discharge from the Air Force with citations and 5 years experience and training in Physical Therapy, Paul found himself back in New York and looking for a way to start the next chapter in his life, “anywhere but New York.” In his own words, anytime he was in New York, he was always reminded of why he left. Exercise had become a life habit, and he had gained a wealth of knowledge in the human body.

Very soon after returning to New York, besides feeling like a “fish out of water,” he was reminded of the fact that he had no place of his own. Then the call that would set the course for the rest of his life came, FROM CALIFORNIA. He was surprised and pleased that a very attractive woman he had met and dated in Laredo was calling him. She told him to pack and come to California. She was working in the ideal business for him, Vic Tanny’s office. He needed a new manager for his new Health Spa north of L.A. Paul was Vic Tanny’s 3rd manager.

Arriving in Los Angeles for the first time was quite an experience. In the 50’s it still looked like a Pacific paradise. According to Paul, Vic Tanny’s office was all white and luxuriously furnished. Vic wore a white suit and drove a red Cadillac convertible, a habit Paul developed for himself a few

years later. He liked Vic Tanny and was impressed with the opportunity this business presented for the future. Vic Tanny got up, told his young prospect to come with him, and they got in his new red Cadillac. It seemed as if they drove a long time down the Pacific Coast coming finally to a Vic Tanny location in Burbank. Vic motioned for Paul to come with him. The manager was behind the front desk and looked surprised to see Vic coming in the door. Obviously nervous, he looked Paul over. The reason for his concern was soon clear. Vic spoke briefly to the manager, “Get up. You are fired. You haven’t made gross in weeks. Bernstein, you sit here. You are the new manager. If you don’t make gross, you will be next.” With that Vic left. Paul made gross every day, and soon was managing a Spa in Beverly Hills.

This was the auspicious beginning of a mutually beneficial relationship. But. . . that first night, Paul had to find his own way back to L. A. and back home. He said he had no idea where he was, and it took almost 3 hours. It also was a management lesson that Paul chose not to adopt. Later in his own clubs, he treated employees like extended family.

He and Judith Eisenberg married when he was managing the Beverly Hills Spa. She became homesick for Texas, and Paul knew that he wanted to have his OWN health spas. Texas was ready for a new industry.

He had a plan to bring his knowledge of using exercise and simple diet rules to bring a better life to ALL adults, and to inspire young people to take care of their bodies to prepare for a good future.♥




Paul receiving his induction plaque in 2009 from 2006 NFHOF Inductee Dr. Bob Goldman.

NATIONAL FITNESS
www.MikeMichelakis.com



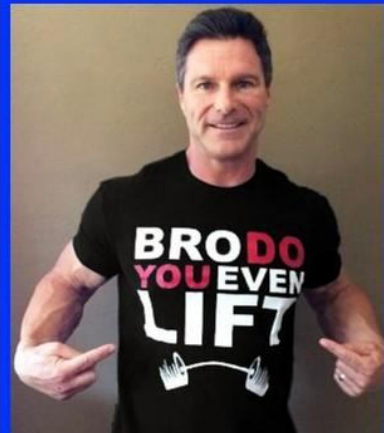
Mike Michelakis

www.JenniferNicoleLee.com




JNL
JENNIFER NICOLE LEE

Clark Bartram




www.ClarkBartram.com

Leigh Crews



LeighCrews.com



Dr. Robert Haley, DC
www.HaleyHealth.com

Dr. Noelle OConnor, DC



www.yorkchiropractic.net

Clint Phillips




www.FitChicago.com

Debbie Crawford



BasicTrainingofScottsdale.com

www.aycfit.com



Greg Justice

"Did you break your resolution already? No worries. Most things in life don't need to be 100%. If you can keep your resolution 90% of the time, the other 10% won't matter as much. If you've broken your resolution already, just re-commit to it, and don't expect perfection." - "Remember, sweat is your fat crying. Make it cry!" -Clint Phillips (Clint is also one of our AMBASSADOR-Level supporters and we thank him very much for his generous donation).

Fitness Fan Membership On Sale – Just \$20 (+S&H)

This upgraded 2015 membership is designed for the fitness enthusiast or professional who appreciates the benefits staying fit, keeping healthy and/or improving sports performance.

Benefits of membership includes:

- Certificate of Membership
- Book "History of Fitness" 3rd-edition
- Quarterly NFHOF eNewsletter
- NEW - A Keepsake Fridge Magnet
- Discounts on NFHOF events
- ...and much more!

BONUS GIFT - Get a free copy of the upcoming book, "America's Top Trainers, Gyms & Fitness Studios."



Member Referral Contest

Just to remind everyone, we are a member-

based non-profit organization and count on you to

join us and tell others. During our MARCH MADNESS members

have a chance to win \$500 and get automatically enrolled in our

Member Referral Rebate Program – Earn up to \$50! Complete rules

& regulations at our website: www.NationalFitnessHallofFame.com

(continued from page 3)

Engaging in Weight Training Exercises

Weight training will help you recruit more muscle fibers for any outdoor winter activity. The lifting of dumbbells, barbells and kettlebells will not only stretch and align your muscles but also provide strength, support and stability to ligaments and tendons that surround the joints in your body. Another advantage of this is that it reduces injury incidences once you hit the outdoor winter activity track.

During weight training, you have to be careful to use the proper techniques so as to avoid lower back, shoulder and knee strains that are occasioned by improper weight movements. You should increase the amount of resistance gradually. Experts suggest about 5 to 10 percent for the upper body and 10 to 15 percent for the lower body each week.

When progressing from weight training to elastic bands or cables and ultimately to free weights, you have to be cautious. Free weights such as dumbbells are good because they enhance your versatility and range of motion but can also increase the probability of injuries if you are not well prepared.

Walking and Stair Climbing

This is a low impact exercise that that can be a perfect substitute for your stationery bike or treadmill. You can walk literally anywhere as long as there is a good terrain that will not injure your feet or sprain your ankle. If your place of work in located in a high-rise building, taking the stairs instead of the lift can be beneficial and provide an excellent opportunity to improve your fitness. Walking and stair climbing help in building your cardiovascular capacity and strengthen your legs without stressing your joints.

These tips will go a long way into enhancing your performance during outdoor winter activities by building your muscle power, resilience and anaerobic threshold.

#####



Thank You



Trivia...

What 2008 NFHOF Inductee has written & published over 80 books about health & fitness?

Hint: His wife was part of the NFHOF induction Class of 2014.

We would like to thank all of you who donated to our Annual Fund Campaign. Your generous donations help allow us to continue our mission of "Preserving the Past while Promoting the Future of Fitness."

For those wanting, you can still donate at our website. Thank you!



On the cover...Trivia-2

Recently 2007 Inductee, Gilad Janklowicz and 2013 Inductee Anibal Lopez shook hands on the Red Carpet at the 2014 NFHOF Induction Ceremony. Both of these men are great motivators and have inspired tens of thousands to get fit & stay healthy. Did you know however that both have been inducted into other "Halls of Fame?" Can you name them? Find the answer at our website.

www.NationalFitnessHallofFame.com

NFHOF Members submitting answers will receive a free gift. (Thru 3/31/15)

Go to: <http://www.nationalfitnesshalloffame.com/memberships/enewsletter.html>

