

HAPPENINGS AT THE HALL

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



“Get Up & Go!”



Fall 2014

From the Desk of the Founder

Fall is a perfect time to "Get Up & Go!" Whether you take a walk, enjoy a hike, run a race or whatever you like, make the time to get outside and enjoy the cooler temperatures and scenic sights that the fall season has to offer.



Do it now because in a few months you might be saying it's too cold...! A great site to check out - www.DiscovertheForest.org

I am looking forward to experiencing Leslie Sansone's Walk Concert in Pittsburgh, PA and Sara Kooperman's Midwest MANIA in the next few weeks. If you see me at either event, please say hello. I'll be posting reports and photos on our Facebook page. Check it out when you have a chance.

Stay Fit & Be Well, John Figarelli

Upcoming Special Events

Walk Leader Conference & Walk Concert - Oct. 3rd Pittsburgh, PA

Club Industry Show -
Oct. 22-24 McCormick
Place ~ Chicago, IL

Midwest MANIA -
Oct. 24-26 ~ Rosemont, IL



FLASHBACK TO 1996

Fit & Healthy Magazine Vol. 1, No. 1 -
AUG/SEPT 1996

Official Magazine of the American Health & Fitness Assn

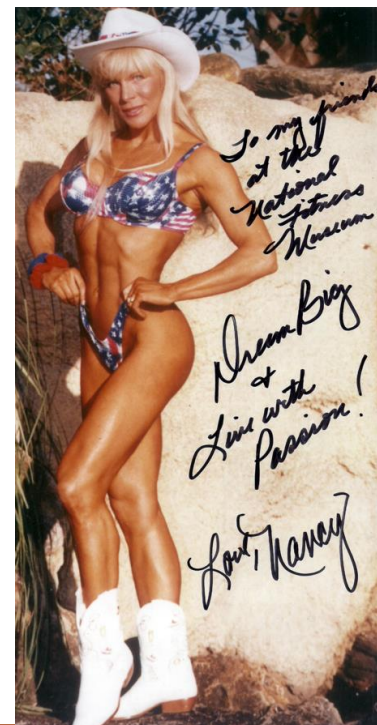
Nancy Claussen - Blending Form & Function

Celebrity Interview by John Figarelli

She combines stunning, "head turning" good looks with grace and eloquence then tops it with phenomenal athletic ability to produce a Fitness Champion. I had the pleasure of talking with Nancy Claussen, 1991-92 Ms. Fitness America - Midwest Region, and husband Dr. Phillip Claussen (Oakbrook Chiropractic Center) about the world of fitness competitions.

F&H: How did you get involved in fitness competitions?

Nancy: I was looking for something besides beauty pageants to get into; something that would show



Don't Miss Next Year's Gathering!

Our 10th Anniversary Celebration brought together "The Greatest Gathering of Fitness Professionals Ever" but our 2015 NFHOF induction weekend should be ever bit as exciting. Make sure to block your schedule for a very special weekend! (1st weekend in May)



athletic ability as well as beauty. My husband and I were watching ESPN and happened to see the Fitness America competition and I thought, "I can do that!"

F&H: What do judges look for in fitness competitions?

Nancy: That's always been a big issue because they have different judges every year. There is the performance of a fitness routine, an evening gown and presentation round and a swimsuit round to show your physique. The judges are not looking for the extremely muscular physique (seen in bodybuilders) instead they look for symmetry, good muscle and skin tone and even the way you move and show your physique is important. When performing the fitness routine (two minutes in length) the girls can be as creative as they want. Many girls use a combination of gymnastic, dance and strength moves.

F&H: I know you are training for the Ms. Galaxy contest. How does that event differ from others?

Nancy: In the Ms. Galaxy contest, an obstacle course replaces the traditional fitness routine. This makes it fairer for non-gymnasts/dancers). During the course, the participant must negotiate a series of tires, 12 monkey bars, a 30' tall cargo net ladder, a set of hurdles, a 10* wall and finish with a 50 yard sprint. The contestant with the fastest time receives the most points. (The obstacle course accounts for 50% of the total score.) - The swimsuit portion of the contest accounts for the other 50% and again the judges look for a feminine but athletic, nicely toned physique.

F&H: Dr. Claussen, what type of training regimen does Nancy follow?

Dr. Claussen: First of all, I have to say that I am very proud of her because there are not many people that would go through what she is going through to train for this event. Because of the unusual diversity of the events, first you have to be beautiful and second you have to be rugged because of the things you go through, the training becomes very intense. Nancy performs 2-3 hard (intense) hours of training a day: Sprints, weight training, mountain climbing, plyometrics (which teach quickness and strength at the same time) and then 1-2 hours of stretching and lower-key training to get fit.

F&H: Nancy, tell me a little about your business.

Nancy: I teach Swimnastic at several locations. It's a water exercise program, using hydro-tone equipment,-designed for toning and firming. It's also great for cross training! I also provide one-on-one personal training sessions.

F&H: Thanks Nancy and Dr. Claussen, it's been a pleasure! Good luck in the Miss Galaxy Contest



Why Functional Training? – Some say that functional exercise is the best way to train for improved functional performance and strength. *“ It recreates real life movements in real life positions, preparing people for the day-to-day activities of daily living. In athletic training, it lays a foundation for sport specific training and improved overall performance and agility. Functional exercise emphasizes natural movement patterns.”*

Some benefits of functional training:

- * Short, efficient, full-body workouts
- * Increased strength and endurance
- * Improved coordination and balance
- * Increased metabolism
- * Low impact, safe, complete back support



Curious? Visit a Gravity Studio and try functional training for yourself!



All of us here at the NFHOF wish Bob Gajda (2008 NFHOF Inductee) a Happy 74th B-Day! Shown here with some friends and fans having a great time!

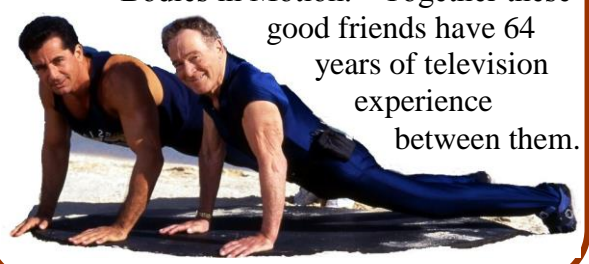
Member Trivia Contest
Prize - \$50 Wal-Mart Gift Card

Name the 2 NFHOF Inductees that appear on the NFHOF's book cover "The History of Fitness: Eras & Icons"

NFHOF Members can email their answers to nationalfitness1000@yahoo.com
 (One randomly picked winner from all correct entries)

Fun Facts from "The Hall"

In the early 80's Jack LaLanne had Gilad Janklowicz on his TV show. Later, Gilad reciprocated by having Jack on his show, "Bodies in Motion." Together these good friends have 64 years of television experience between them.



National Fitness Hall of Fame - On Facebook!

Facebook Page - 151 LIKES (Like Us today!)

<https://www.facebook.com/nationalfitnesshalloffame>

See what's on the **NFHOF YouTube Channel** –

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

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