

Educate * Motivate * Inspire

Official News-Magazine of the National Fitness Hall of Fame

NATIONAL FITNESS HALL OF FAME

Holiday Issue PRESENTS

TODAY'S TOP TRAINERS



2019

ADVICE & SHOWCASE

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 **HAPPY** 
HOLIDAYS!

Coming Jan. – “Distinguished Scholars of Fitness”



The National Fitness Hall of Fame (NFHOF) was founded by John Figarelli on December 2nd, 2004.

Mission: To recognize and support fitness professionals for their dedication to helping others "Get Fit & Stay Healthy" and provide programs and services that helps all individuals achieve a better level of health and fitness.

The National Fitness Hall of Fame conducts several educational outreach programs and supports many youth and health-related charities throughout the year.



From the Desk of the Founder...

Hello & Happy Holidays!

On December 2nd we marked the **15th anniversary** of the founding of the National Fitness Hall of Fame. (2004-2019)

We have had many terrific people support us during these years and our Professional Members, many who are personal trainers, have been in the forefront.

I wrote this message about Personal Trainers some ten years ago, back in 2009 and I share it with you again.

"Personal trainers are on the proverbial, 'Frontline of Fitness.' They are out there everyday helping people battle lethargy, negativity, obesity and other conditions that rob them of their health, enthusiasm and zest for living. They serve their clients who can testify as to their importance in bringing both motivation and inspiration to them everyday.

Many of these seasoned trainers also provide employment to others through their businesses and they often times serve their local communities with the word of "Health & Happiness" as well as faith, hope and charity. Their reach is extensive; helping people well beyond where they reside locally."

We hold our Professional Members in the highest regard and are proud to and some have even provided some training tip just for you.

Sincerely, John Figarelli – NFHOF Founder

Professional Members of the National Fitness Hall of Fame serve to help others "Get Fit & Stay Healthy." Many are trainers, educators, entrepreneurs but are here to Educate, Motivate and Inspire every American to be the best they can!

Coming Soon: Our 1st ever presentation of America's Fitness Favorites. Twelve fitness categories from which the public can vote. Make sure to check it out!





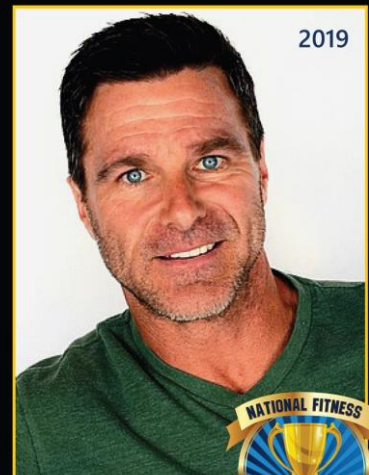
Joscelynn Baio – NFHF Pro



Recognized as one of "Today's Top Trainers"



Clark Bartram – NFHF Pro



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Dr. Ben Bocchicchio – NFHF Pro



Recognized as one of "Today's Top Trainers"



Rob Boyce Jr. – NFHF Pro



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CarolAnn – NFHF Pro



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Jim Cipriani – NFHF Pro



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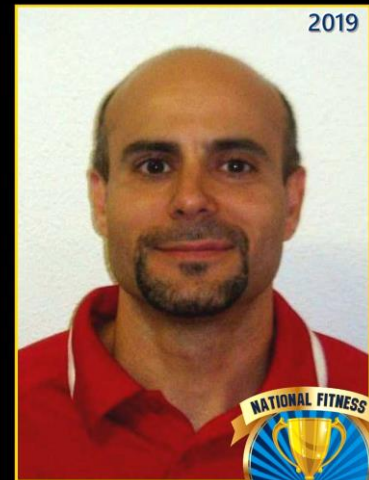
Debbie Crawford – NFHF Pro



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James Dinaso – NFHF Pro



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Mike Erato – NFHOF Pro



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Donna Fatigato – NFHOF Pro



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Stephen Glaus – NFHOF Pro



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Ari Gronich – NFHOF Pro



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Dr. Robert Haley, DC – NFHOF Pro



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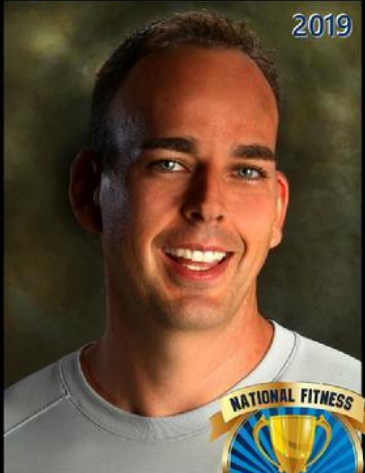
Mike Harrington – NFHOF Pro



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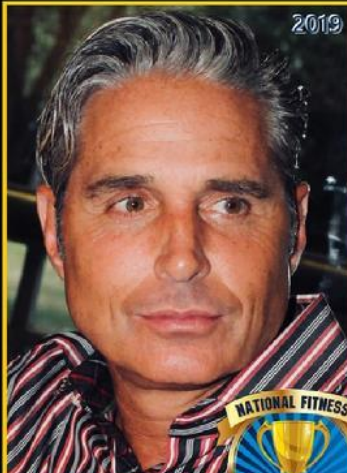
Chris Hill – NFHOF Pro



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Gregory Johnstone – NFHOF Pro



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June Kittay – NFHOF Pro



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Anna Maria Lagona – NFHOF Pro

2019

& Dodger; Anna's multi-service dog, serving all abilities.

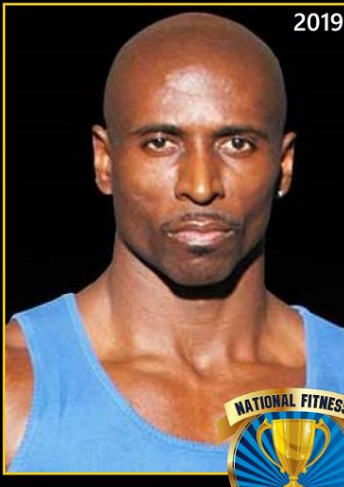


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Jean Laguerre – NFHOF Pro

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Kendra Lyons – NFHOF Pro

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Jackie Lupo – NFHOF Pro

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Tracy Markley – NFHOF Pro

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Mike Michelakis – NFHOF Pro

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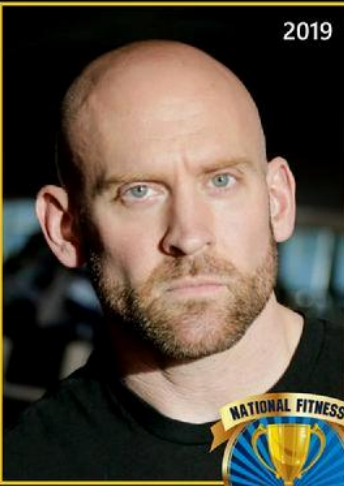


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Jim Nolan – NFHOF Pro

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Amanda Perry – NFHOF Pro

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Sol Perry – NFHOF Pro

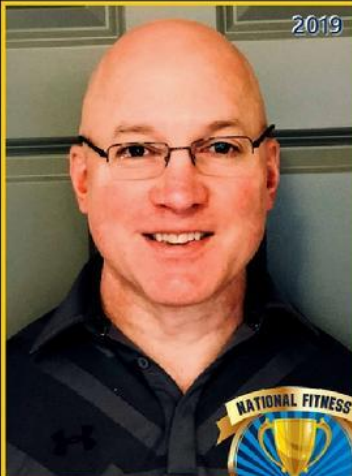
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Clint Phillips – NFHOF Pro
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Emmanuel Robinson – NFHOF Pro
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Lee Roupas – NFHOF Pro
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Lauren Smith – NFHOF Pro
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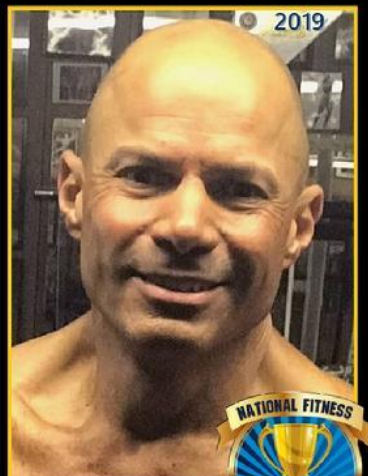
Charise Stephens – NFHOF Pro
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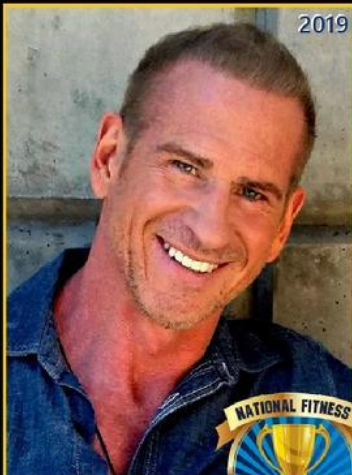
Steve Speyrer – NFHOF Pro
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Tom Terwilliger – NFHOF Pro
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Shay Vasudeva – NFHOF Pro
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Pansi Ward – NFHOF Pro
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Söl Perry - Louisville, Certified Personal Trainer & Holistic Trainer

Söl is an award-winning trainer specializing in total life transformations from Louisville, Kentucky. Inspired by his Mother's battle against Cancer, Söl lost 130lbs in his 40s, overcame depression, debilitating back pain and founded "Söl Perry Fitness," where he coaches clients online and in person in holistic health. Söl served as coach for the Special Olympics in the 1990s, has spoken before Congress, competed internationally in the "UFC Ultimate Fitness Challenge" placing top 20 in the world, is a published author and has an upcoming documentary "Heart & Söl," that details his life changing transformation. Through mentorship, lecturing, and social media, Söl has motivated thousands to improve their health and make fitness a part of their lives. Having 20+ years of experience, Söl is a 4 time "Trainer Of The Year" (Louisville, KY) and "Transformation Specialist" who placed Top 20 in the "UFC Ultimate Fitness Challenge" in Las Vegas.



Website: www.solperry.com

Facebook: <https://www.facebook.com/SolPerryFitness/>

Instagram: <https://www.instagram.com/solperryfitness/>

Twitter: <https://twitter.com/solperryfitness>

Youtube: <https://www.youtube.com/user/SolPerryFitness/>



GOBLET SQUATS by Söl Perry

The “Goblet Squat” is one of my favorite movements. It really helped me lose my 130lbs and fix my back pain. I generally start clients of all ages with this first, and then, work them up to the much more technically complicated, Barbell Back Squat. Mastering this move will improve posture, mobility in your hips and back, and will pay great dividends to your cardio without endless hours on the treadmill. Works great paired with KB Swings, pushups and chin ups. Start slow and warm up properly is always advised.

Performance:

Choose a Dumbbell or Kettlebell. Hold the bell close to your body at chest level (as seen in the photo). It

should touch your chest or almost touch your chest throughout the entire movement. This keeps the bell close to your center of gravity, keeps the tension where we want it and keeps you safe. Stand tall with your feet shoulder width apart or slightly wider. Keeping an upright posture, squat as far down as you can while keeping your heels on the ground. Some will be able to go into a full squat with the back of your legs covering your calf as shown in this photo, and others, will not be able to go down that far without their heels coming up.

The goal is to at least get your hips flexed at 90 degrees with your toes tracking over your knees and keeping your chest up with a neutral spine. Drive through your heels and stand up forcefully exhaling as you do so. Squeeze your glutes tight at the top, ensure you are standing tall with your body in a straight line and a tight core looking straight ahead. Use a lighter bell, and go for 3-4 sets of 15 reps.

Approx. Starting Loads: Women: 10-20lbs | Men: 25-35lbs

Muscles Worked:

This is an amazing exercise that works your entire posterior chain muscles in tandem. (Glutes & Quads) Due to the ballistic nature and being a high rep - metabolic conditioning movement, this will work your heart, lungs and core to great effect! A good goal is to work up to half your body weight for 25 reps overtime. A fantastic cardio, fat loss and muscle building exercise all in one. Pair this with the right diet and it makes a great addition to your training and wellness program.

Stay Strong, Söl Perry



Jackie Lupo - Certified Personal Trainer (CPT)



Jackie Lupo has been actively working in physical fitness for 25 years. She specializes in Personal Training, Powerplate Training, Body Sculpting classes and Abs classes in the Miami Beach area. Jackie grew up watching her father, National Fitness Hall of Fame inductee, Joe Lupo, train clients in their home gym and in their personal training studios on Miami Beach. Jackie has taken over the business since her father's retirement 12 years ago. She enjoys teaching health and fitness and is truly dedicated to her clients. Through acquired knowledge and her own personal style, Jackie works with all ages and abilities. Training with Jackie Lupo ensures a professional, positive experience resulting in better health and quality of life.

Website: www.jackielupofitness.com

Instagram: [jlfitness19](https://www.instagram.com/jlfitness19)

PULLOVER EXERCISE

The pullover exercise is a great core stretch perfect for warming up before you begin any workout routine. It targets the upper and lower abdominals as well as engaging the triceps. I use this exercise in all of my workout regimens whether it be personal training, Powerplate training or fitness classes.

Performance:

ON BENCH: Lay flat with your head on the edge of the bench and feet flat on the floor. Hold the weight at the top with your palms facing up. Start over your chest and pull the weight back as far as you can keeping your arms straight. You will feel a great stretch in your lower AB and core. Bring the weight back up keeping your arms straight and stopping directly over your chest. As you bring the weight back up your triceps will be engaged.

This exercise can also be done:

ON FLOOR: Body is flat and toes are pointed. Same form with weight as on bench but stopping when reaching floor.

ON POWERPLATE: Make sure head is supported off of the platform. Feet are flat on the floor. Same form with weight as on floor and bench.

PULLOVER EXERCISE BY JACKIE LUPO



Jim Cipriani - Certified Personal Trainer (CPT)

Jim started his fitness career directly out of college as a Fitness Director at a independently owned health club in upstate NY. Craving to work more with people one-on-one, he soon started his own personal training company, Cutting Edge Personal Training in Brookfield, CT. During his 20 years there, he was one of the most sought out trainers in Connecticut. Looking for a new challenge, Jim moved his business to Nashville, TN in 2017. Within 3 years, he again is one of the most sought out trainers in the state.

Website: www.jimcipriani.com

Instagram: <https://www.instagram.com/james.cipriani/>

Facebook: <https://www.facebook.com/PersonalTrainerNashville/>

BULGARIAN SPLIT SQUAT: The Best Leg Exercise You're "NOT" Doing.

Bulgarian Split Squats (also known as "Rear-Foot Elevated Split Squat) is one of the best lower body exercises as it hits the quads, hamstrings, and glutes quite hard while bringing in unilateral strength, some stability, and a bit of mobility. They are also easily adjusted so they're knee friendly.

I like to start the movement standing against the bench that I'm going to put my rear foot up on. I set up by taking a very big step forward (the front foot will be more forward than usual). Then place the back foot laces-down on a bench. Putting all resistance on the front leg, descend into the negative (eccentric) portion of the rep while allowing your back knee to bend as you descend. At the bottom of the rep, the front shin should be perpendicular to the ground or with a slight pitch forward and the back leg should look like you're mimicking a standard quad stretch. Make sure to retract the shoulder blades so you can maintain a neutral spine against the load.

Reverse direction at the bottom by pushing evenly through the entire front foot. Finish all reps on one leg and then switch. For heavier loads, I recommend resting between working each leg.

Best in health,

Jim Cipriani –

**Nashville's Cutting Edge
Personal Training**



Kendra Lyons – Registered Nurse (RN)

Kendra Lyons, R.N. is co-founder of the MS Fitness Challenge (MSFC). Kendra brings more than 20 years of experience in nursing and working with Multiple Sclerosis patients to the cause. It was a natural progression for her to transition into the fitness industry with husband David Lyons. Her heart is to help as many people with MS get the support and guidance needed through MSFC to live productive lives through exercise, nutrition and mindset. Kendra is a driving force behind MSFC in helping to enrich the lives of those with MS.

Website: www.MSFitnessChallenge.com

Facebook: <https://www.facebook.com/groups/674667742732961/>

Twitter: <https://twitter.com/MSFitChallenge/>

Instagram: <https://www.instagram.com/msfitnesschallenge/>



RESISTANCE BAND BICEP CURL is a way to strengthen your biceps without using dumbbells or barbells. This exercise uses the resistance of the band to make your biceps engage and contract allowing you to tone and strengthen your arms without even holding a weight. This can be a great tool

for those who have injuries in their wrist or other issues that prevent them from holding weights. It can also be a great way to give variety to your workouts. The resistance band is an excellent tool that makes you work hard but gives you a nice change of pace from typical weight training.

Performance:

Body Positioning: Stand on the band(s) hips width apart. Now take a handle in each hand and stand up straight. Keep your back straight, head straight, chest up and stomach tight. Start with your arms straight down with palms facing forward and elbows tight to your sides.

Movement: Pull the handles up and bend your arms until your hands are at shoulder height. Keep your elbows stationary at your sides and do not let them move forward and back during the movement.

Muscle worked: Biceps



Amanda Perry – Certified Personal Trainer



Amanda, is a certified Personal Trainer helping clients increase mobility, health/fitness lifestyles at Sol Perry Fitness. Residing in Louisville Kentucky, Amanda is recognized as one of the top fitness/ nutritional trainers in her area, with 13 yrs medical working experience from cancer care to gut health. Athletic background - Equestrian dressage, eventing, natural horsemanship, horse racing. Ballet, gymnastics, dance, track and field. While consulting with on-the-go working professionals she instills correct tools, & guidance to assure her clients meet their personalized goal set.

<http://www.solperry.com/> Facebook:

<https://www.facebook.com/SolPerryFitness/> Instagram:

<https://www.instagram.com/solperryfitness/> Twitter:

<https://twitter.com/solperryfitness> Youtube:

<https://www.youtube.com/user/SolPerryFitness/>



SINGLE ARM KB ROWS –

“Perfect for shoulder health.”

Not only does the exercise strengthen the core, it helps maintain shoulder health.

Performance:

Pick a weight you are comfortable with. Rep Range 12-25 depending on experience. Work up to 3-4 sets. Foam roll and warm up prior. 1. Place kettlebell in front of you. 2. Feet should be positioned in a forward lunging stance. 3. Forward knee slightly bent while hinging forward at the hips, for starting position. 4. Keep chest upright with a flat back. 5. Rest your hand on your forward knee or a stable surface for balance. 6. Grip kettlebell with a neutral grip in your opposite hand. 7. Exhale breath as you pull kettlebell up to your hip. Retracting your shoulder blades and flexing your elbow. Keep your shoulders square. Lower and repeat. 8. Complete all the repetitions for one side before switching to the other.

Muscles that benefit from KB rows:

Rhomboids, trapezius, biceps, grip & shoulder muscles.

Donna Fatigato – Certified Personal Trainer & Holistic Lifestyle Coach

Donna began teaching aerobics as a senior in high school in 1980/1981. During her health and wellness career, Donna has trained hundreds of clients and instructed thousands of fitness class participants. Donna provides the give-back mentality, listening to her client's needs and implementing programs around them and into the community. She has worked with various sports teams, implemented a 'Young Lungs' program for children and a 'Forever Young' program for seniors. Her first authored book, 'Q2 ~ A Healthy Recipe for a Balanced Life'. Q2 is a message of hope, healing and transformation along with nutritious and delicious colorful recipes. Her passion to exercise, cook, and mentor have come full circle and shows in her passion to write, teach and implement.

'Focus on the person that you are today so that you can be the person that you want to be tomorrow' -Donna Fatigato

Website: www.Q2fit.com

Facebook: <https://www.facebook.com/donna.fatigato> &

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

Twitter: <https://www.twitter.com/DonnaFatigato>

Instagram: https://www.instagram.com/donna_fatigato

LinkedIn: <https://www.linkedin.com/in/donnafatigato/>

V-Ups - Lie on your back, pull your belly button toward your spine. Inhale as you lift the upper and lower part of the body at the same time. Only lift as high as your body will allow you to - then exhale as you slowly lower down a the same time.

Modification: On the lift, place your elbows on the floor and hold the back of your legs as you use assistance to lift into and lower from a lower 'V'. You may have to keep your low/mid back on the floor for now - always listen to your body.

Progression: Isolate the V-Up for 4, 8 or 12 counts.



NFHOF Volunteer of the Year – 2017-2018



Carol Ann – Certified Personal Trainer

CarolAnn (M.S., CPT, CN) is a 25+year industry veteran holding positions such as program director, studio owner, educator, presenter, and author. She develops curriculum for organizations such as FiTOUR, Hydracize, MedFit Network, and PT Global. Along with producing and starring in several fitness videos, she is an expert contributor for publications such as Livestrong, PFP, and New Tampa Style Magazine. She serves on the Health Advisory Board for MedFit Network. She is now spreading the gospel of health and fitness targeting churches with Chiseled Faith®. She has been selected to be a 2019-2021 National Fitness Hall of Fame Fitness Superstar. Spreading the Gospel of Health and Fitness, ~ CarolAnn, MS, CPT, CN

Website: www.ChiseledFaith.com



Reverse Crunches

Purpose: To strengthen the abdominal muscles specifically the rectus abdominis. This motion targets more towards the lower portion of the rectus abdominis.

Positioning: In a lying down position on the back, place your legs straight up in the air where the hips are at 90°. Place your arms alongside your body creating an anchor. Keep your lower back pressing towards the floor.

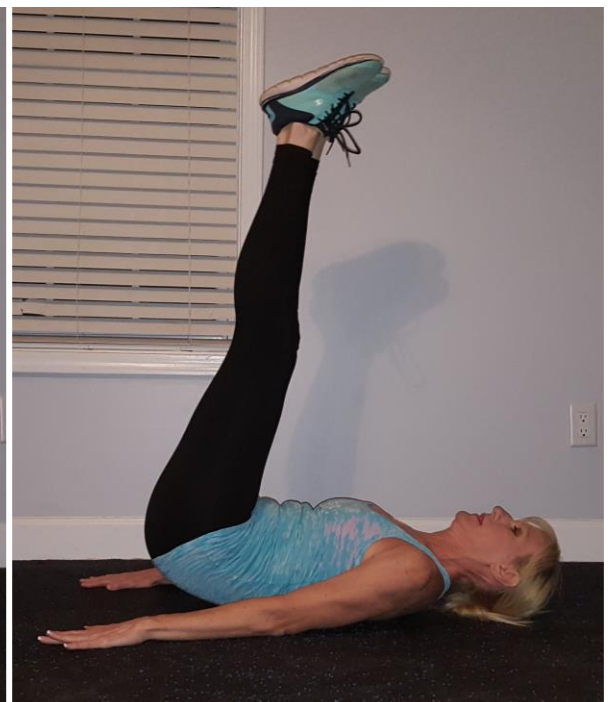
Movement: Lift the lower body specifically the small of the back off the floor engaging the lower abdominal muscles. As you lift the lower back off the floor, the legs lift up and the feet reach towards the ceiling. Then lower the lower back down to the floor. Keep your torso and head on the floor.

Modification:

You can bend your knees. You can place your hands under your lower back for support.

Breathing: Exhale as the legs lift up and inhale as the legs lower down.

Repeat: 3 Sets of 15 Reps



Shay Vasudeva – CPT -Speaker, Teacher & Author

Shaweta “Shay” Vasudeva, MA (Psychology), MS (Pending), NFPT-CPT, NASM-CPT-CES, THSA-CNT, and Black Belt Karate Instructor is a teaching professional, speaker, author, coach, and cat lover! Her passion is to help people become the best version of themselves by using an interdisciplinary and holistic approach, bringing 10+ years of experience in Psychology, Personal Fitness Training, Corrective Exercise, Nutritional Coaching, Cranial

Sacral Work and teaching Karate & Tai Chi classes to her business, ShayTheCoach. Shay teaches classes at Maricopa Community College District as an Adjunct Professor.

ShayTheCoach: Website: www.shaythecoach.com



Side Lunge

Benefits:

A side lunge is a lower body exercise that targets the muscles in the butt, hips and legs. It also activates the muscles in your core (see abdominal section). It’s much like the forward lunge in that it involves taking a large step and then lowering the body’s weight onto the leg that took the step. The difference is, a side lunge requires you to take the step to the side instead of forward or backward.

Because your step is out to the side, it moves, stretches and tones the side of your body. It can also help improve your balance, get leaner legs and tone your lower body.



Performance:

- 1) Start with your feet shoulder-to hip-width apart. Toes pointed straight.
- 2) Step out with your right foot as wide as possible without strain or overstretching.
- 3) Land on your right heel and push it towards the ground as you drop your hips down while keeping the left leg straight and still.
- 4) Push the heel of your left foot into the ground as you to return your right foot back to the start position.
- 5) Repeat on the other side.

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, including "The History of Fitness" and as a trainer, has helped thousands of individuals lose weight & get back into shape. John has a wonderful wife and two terrific kids.

Born: 6/26/1962 | Residence: Minooka, Illinois

Website(s): www.johnfigarelli.com | www.NationalFitnessHallofFame.com

Facebook: <https://www.facebook.com/johnfigarelliNFHOF>

Twitter: <https://twitter.com/Drop20Now>



The Deadlift – “Brute Power”

The **DEADLIFT** is one of my favorite exercises. Not only does it strengthen the lower back, it strengthens many muscles all at once. It also helps with posture. After completing this exercise your body responds naturally by standing more erect with the shoulders pulled back helping you portray a more confident and positive demeanor.

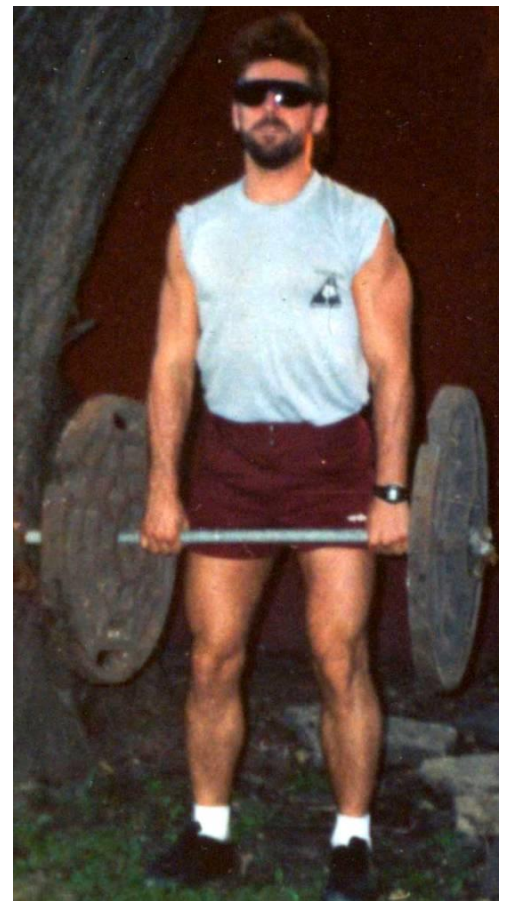
Note: This exercise is very basic however your body should be “warmed-up” and “stretched-out” before performing.

Performance: Stand with your feet shoulder width apart. Bend forward and lower your body down to grasp the barbell. (You can also use dumbbells) You may use a regular or reverse grip. Raise-up to a standing position using your legs and back. Keep your arms straight. (For beginners it is best to perform 12-20 repetitions.)

Muscles used:

- Lower Back – Erector Spinae
- Mid-Back –Latissimus Dorsi & Teres Major
- Upper Back – Trapezius & Rhomboid
- Back of the Legs – Hamstrings
- Back of the Neck & Forearm Flexors

Now I don't recommend heavy deadlifts for all of my clients, however I do recommend the daily strengthening and stretching of the lower back. This can also be done without weights by performing “old-fashioned” toe touches! Keeping the back strong and pain-free is important and taking just a few minutes each day will accomplish this.

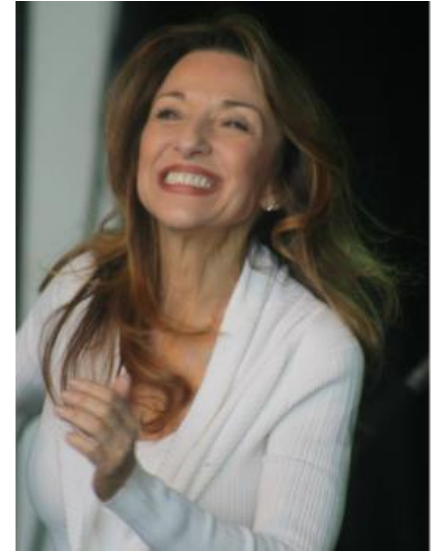


This picture was taken in the mid-'90s and shows the end position of a “regular-grip” deadlift using two 200 lb. manhole covers! (Give or take)

June Kittay – CPT, CEO Tampa Bay Bodies

June is a Fitness Professional, Author, Writer, Entertainer & Keynote Speaker on Health and Wellness; as well as a highly sought after Active Aging Fitness Instructor, specializing in Beginning Line Dance, Yoga Stretch and Senior Fitness programs designed to increase muscular strength, range of movement and activities for daily living. Her well known "Emerging thru Movement" program is just one of the custom courses she's designed for company, event, and personal use created to motivate, educate, energize and entertain.

June created and co-instructed the Fitness Programs for Fitness Ambassador Martina Navratilova's National AARP Conventions, and has appeared onstage and television with Jack LaLanne, Richard Simmons, Forbes Riley, and host of Daytime, Cindy Edwards. She teaches regularly for the YMCA, and the Osher Lifelong Learning Institute, as well as rotaries, clubs, businesses, churches, private and special events.



"Lord, Let me live each day, Trying to accomplish something, Not merely to exist.." ~ June Kittay

www.linedanceyoungandold.com | www.junekittay.com | www.247cast.com/june



SIT TO STAND EXERCISE -

Often overlooked, this exercise is often considered one of the most important for all ages, but especially for mid-lifers and modern elders. Start seated, toward the front of your chair; feet flat on the floor, shoulder-width apart and arms crossed over body or "I Dream of Jeannie" position! (Remember to wiggle your nose!) Hinge forward from the hips, belly button to spine and stand.

Repeat 8-10 times every day!

If done correctly, with proper alignment, it can change the lives of your students!

Recently, one of my 89-year-old students came up to me and proclaimed:

"It's a miracle! I can get up from the toilet without holding on!"

And that my friends is why we do what we do!

Mike Michelakis – Certified Personal Trainers



Mike began his fitness career in 1995 as a wellness teacher and personal trainer at IUPUI in Indianapolis. Upon moving to Niles, Michigan in 1997, Mike taught award winning health programs and served as a nationally recognized strength coach at Niles High School. Mike then coached state and nationally ranked power lifting teams at Bangor (MI) High School in 2001. By 2004, Mike Michelakis Personal Training was operating successfully in New Buffalo, Michigan and in Michigan City, Indiana by 2006. In 2010, Mike brought his sport specific training programs back to Niles to create numerous fitness facilities. After retiring from teaching in Michigan in 2013, Mike ran record breaking group fitness programs in Mishawaka, Indiana until 2016. Today, Mike teaches and coaches student athletes in health & wellness at DePaul Academy in South Bend and trains clients in Granger, Indiana. Mike also coaches his teen age daughters in power lifting. (B.S. Exercise Science, M.S. Kinesiology, NSCA-RSCC, NSCA-CSCS, ACSM-CEP, ACSM-HFS, NSCA Strength of America Award, NFHOF Master Trainer Award)

Facebook:

<https://www.facebook.com/michael.d.michelakis>

Twitter: <https://www.twitter.com/MikeMico>

Instagram:

https://www.instagram.com/mike_michelakis



SQUAT - "The King of Exercises"

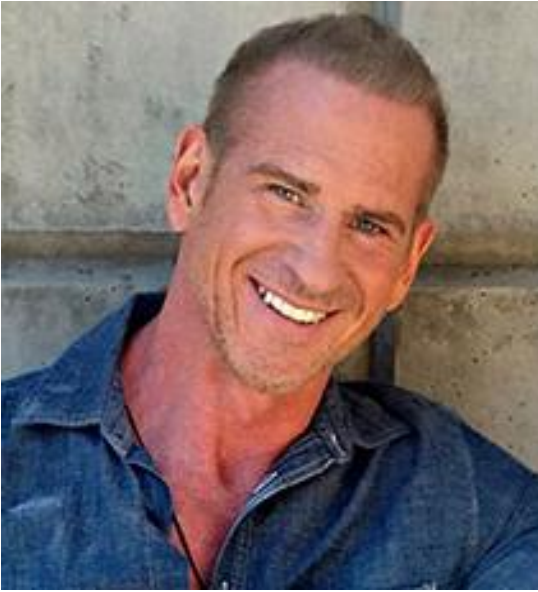
The Squat is one of my favorite exercises. Not only does it strengthen the legs, it also strengthens the back. After completing this exercise, you establish a base foundation for all of your other muscle groups that you would work out.

Performance - You begin by stabilizing the barbell on your traps, Your feet are to be positioned wider than shoulder width apart. Then you begin your descent by sitting the hips down towards the ground. Once you have reached parallel with your thighs, you begin your ascent by standing up straight. Finally, you complete the exercise by finishing upright with your legs straight.

While I do not recommend heavy weights for all of my clients, beginners can start by performing 10 to 15 reps for each set. After 2 to 3 sets, you will begin to feel how both the hips and thighs have been activated.

Muscles Used: Thighs - Quadriceps Femoris and Hamstrings, Hips - Gluteus Maximus, Lower Back - Erector Spinae, Upper Back - Trapezius.

Tom Terwilliger – Certified Motivational Trainer



Tom's unique and inspiring story of pulling himself from the world of drug and alcohol abusing outlaw biker to become National Bodybuilding Champion (Mr. America), Fox Sports Net TV show host, business owner and high achiever has inspired countless others to reach for their own limitless potential.

More importantly his experience forged the development of the 'Body/Mind' tools, rules and strategies needed to help thousands of others create massive and lasting change. Tom continues to effectively use his unique life experience and formal skills as an ACSM Certified Trainer, Neuro-Linguistics Master Practitioner, and Clinical Hypnotherapist to rewire his clients dis-empowering beliefs and fears and create a winning mindset.

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Motivation Tip:

How To Avoid Getting Emotional Paralyzed:

We can all get stuck in dis-empowering emotional quandaries from time to time. Someone cuts you off on the road, you lose your keys, your business or relationship is failing or you've just lost your job. Pissed, frustrated, disappointed, confused you carry that negative emotional state around with you like a lead weight all day (or longer) until it infects everything else. Success in the gym, your business, relationship or anywhere else will be elusive if not impossible in this negative state. It must change and it must change quickly.

Here's how:

- 1. MOVE:** Changing your physiology is key. Start with movement – do some sprints, jumping jacks, pushups or go for a brisk walk or run. Then work on your breathing – slow it down. Next, your facial expression. In other words, SMILE even if it feels completely unnatural.
- 2. FOCUS:** Stop focusing on the idiot that cut you off – he's not worth your time. Turn your focus to something positive. You have a million things to be grateful for – pick one.
- 3. LANGUAGE:** There's an inner dialog or monologue going on in your head and it's not a healthy one. Decide to think about and therefor internal dialog about something else – anything else. The game this weekend, your next workout, the cute guy or gal in the gym this morning. Or ask yourself an in-powering question, "Why am I so happy? then answer it with as much detail as you can.

Finally – now that you've rubbed a little dirt on your wounds – you get to decide what emotion you move forward with.

Here's a few to choose from - Powerful, Inspired, Motivated, Love, Curious, Grateful, Passionate, Forgiving.

Even if you're focused on the future, "someday I'll be great" and try as hard as you can to live in the present, "I'll do whatever it take right now to make it happen" the past may still be controlling what you do and how you do it.

It doesn't matter if you're 17 or 87 we all have a past and as part of that past there have been experiences – lots of them – that shaped who you are today...or at least who you think we are.

Whether those experiences were interpreted as bad or good at the time matters littler. The only things that matter right now and in the future is whether those experiences make you stronger or weaker – give you power of take it away.

The first thing to understand is that your thoughts alone can make or break your efforts. You may, consciously be saying to yourself, "I will be great...I can do this". But, if below the surface on the unconscious level it sounds more like "I can't" you have a pretty freaking good chance of failing. Imagine it this way, you're under the barbell and getting ready for a set of heavy benches. You have two coaches, one on the right and one on the left.

The coach on the right wants to protect you – he's trying to help you avoid injury and the PAIN of failure. Your safety is his main concern as he whispers, "I'm not sure about this kid... it's pretty heavy weight, you could get hurt...remember what happened last time – I say stop, stop right now."

The coach in the left wants you to win, to be great, he wants you to experience the pleasure of victory. Your safety is the least of his concerns. He whispers something very different; "I believe in you kid, you can do it, this weight is nothing, imagine how it's going to feel once you've conquered this shit. You've got this... I say go, go it right now."

Which coach do you think would give you more power and strength? Which one would you choose to listen to?

I guess it depends on which you value more – safety or greatness. This conflict goes on in your head all the freaking time (not just when you're under a heavy bar). The conflict is based on the pain and pleasure, failures and victories of the past whether you remember them or not.

When I was in my twenties and thirties and pursuing a national championship title, I had one coach. The "just freaking do it" coach. Today as a more mature fitness junky my motivations are quite different. Today my thoughts go back and forth from "just do it" to "why do it" when it comes to moving some serious weight. So, have you been playing it safe or taking on BIG new challenges?

If you've healthy and ambitious but wondering why you're not making the progress you could or should be making – it might be time to identify which coach you've been taking advice from.

Former Mr. America and #1 Bestselling author Tom Terwilliger inspires conscious strength in mind, body and will.

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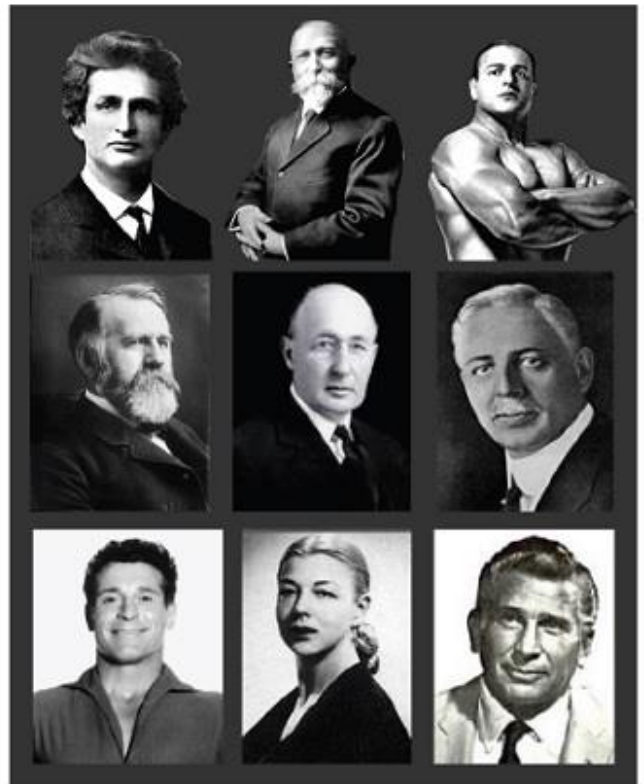
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