

HAPPY BIRTHDAY

BIRTHDAY

2019

LaLa
93 Years
Young!



Elaine LaLanne
2017 NFHOF Inductee

Happy 93rd Birthday to Elaine LaLanne – 2017 NFHOF Inductee

Happy Birthday
Elaine from your
National Fitness
Hall of Fame
Friends & the
Figarelli Family!



Happy 93rd Birthday to Elaine LaLanne – 2017 NFHOF Inductee



Happy Birthday, Elaine!

Be happy! Today is the day you were brought into this world to be a blessing and an inspiration to the people around you and around the world! You are a wonderful person! May God continue to bless you with more birthdays and continue to be of inspiration.

Anibal Lopez –
2013 NFHOF Inductee

HAPPY BIRTHDAY ELAINE!!!

May your day and year be filled with good health, fitness and fun. You truly are setting the bar high for all in fitness and living well.

Best wishes for today and always.

My best—
Judi Sheppard Missett
2005 NFHOF Inductee



Happy 93rd Birthday to Elaine LaLanne – 2017 NFHOF Inductee

Wow Elaine!

“93, Can It Be?”

You are Amazing!

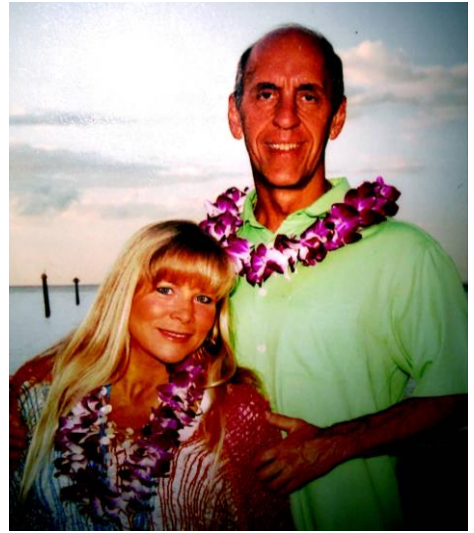
Happy Birthday!

**We wish you many golden
years ahead! May you
continue to be blessed!**

Love,

**Nancy & Dr. Phil Claussen
2009 NFHOF Inductees**

*7th Couple Inducted into the
National Fitness Hall of Fame*



**HAPPY BIRTHDAY
ELAINE!**

**YOU ARE AN ICON IN
FITNESS AND A TRUE
BLESSING TO US ALL.**

**KEEP GOING STRONG
AND CONTINUE TO
INSPIRE THE WORLD.**

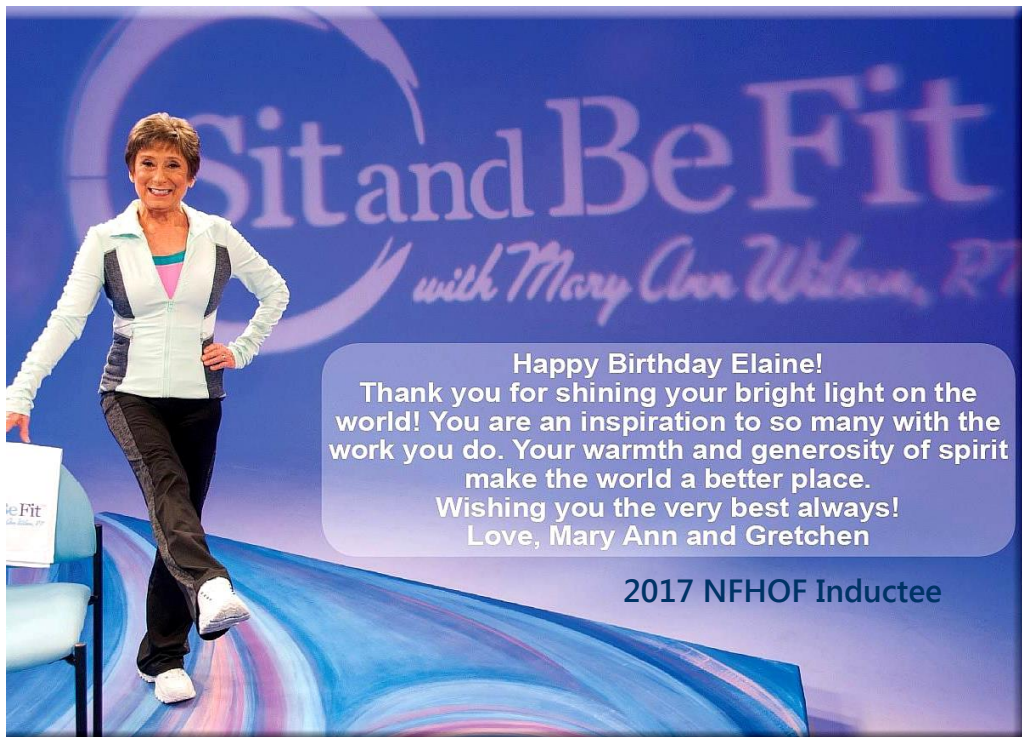
**WITH ALL MY
ADMIRATION,**

~ DAVID LYONS

2019 NFHOF INDUCTEE



Happy 93rd Birthday to Elaine LaLanne – 2017 NFHOF Inductee



Happy Birthday Elaine!
Thank you for shining your bright light on the world! You are an inspiration to so many with the work you do. Your warmth and generosity of spirit make the world a better place.
Wishing you the very best always!
Love, Mary Ann and Gretchen

2017 NFHOF Inductee



**Happy Birthday
Dear "Lala" Lalanne!**

You are a true
"inspiration in
motion." Please keep
it up as you begin
another revolution
around the sun!

~ Gilad
2007 NFHOF Inductee

Happy 93rd Birthday to Elaine LaLanne – 2017 NFHOF Inductee



Elaine, Debbie and I wish you a **Very Happy Birthday** as we all celebrate your incredible life. You are not only a gift to Jack and your family, but the nation as well. We acknowledge that you have been the driving force behind one of the most inspirational and successful endeavors in the fitness industry. Thank you!

Bill Crawford – 2012 NFHOF Inductee

Happy Birthday
to the Ultimate
Role and best
friend a girl could
have –

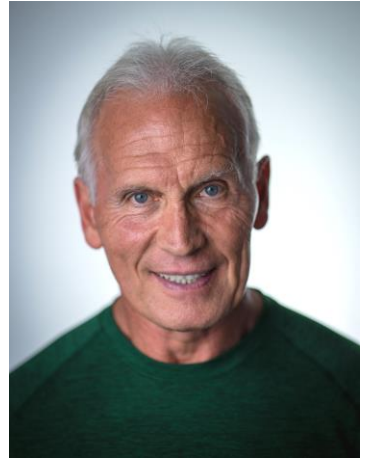
I love you!

Forbes Riley
2010 NFHOF Inductee



Happy 93rd Birthday to Elaine LaLanne – 2017 NFHOF Inductee

I have never met such an inspiring person like you Elaine. When I met you at the your induction in 2017 it was one of the most memorable times of my life in the Fitness/Wellness industry. It brought back memories when I interviewed Jack in the 1990's on my radio show on KFYZ, Phoenix. I got to meet his best other half, so it completed the story of 2 INSPIRATIONS! You completed my impression of his best half by getting down on the floor and doing 3 FULL push-ups, at 91!



My mantra now is “Be Like Elaine!!!”

Happy Birthday Elaine.

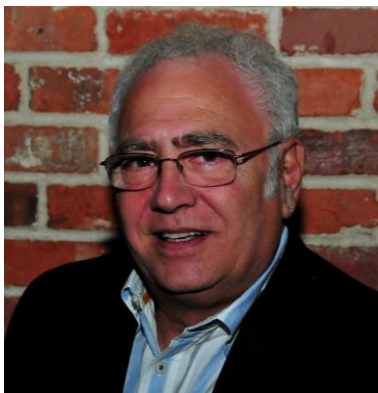
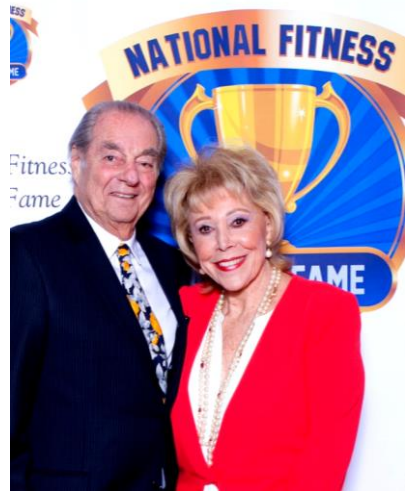
God Bless You. When I see you I'll give you a BIG Mr. Universe hug.

Lance Dreher - 2019 NFHOF Inductee

Dear Elaine, Wishing much happiness and may your journey continue to be wonderful.

Happiest of Birthday Wishes!

Best always, Gilda Marx –
2015 NFHOF Inductee



Hi Elaine- Enjoy your **special B-DAY!** You're an inspiration to us all & millions of fans.

Please.. Let's Raise a Glass!



.. Dr. Bob Weil –
2019 NFHOF Inductee

Happy 93rd Birthday to Elaine LaLanne – 2017 NFHOF Inductee



Elaine, Happy Birthday!

You are such an inspiration to all of us in fitness! ...and also an inspiration in longevity and living a healthy lifestyle.

I miss Jack; he was such an amazing fun, healthy and killer joke teller that I can never forget!

Have a Blessed Birthday, you deserve it!

Best always, Tony Little
2006 NFHOF Inductee

Happy Birthday Elaine!

Wishing you best of health.

John "The Beast[®]" Azari –
2016 NFHOF Inductee



Happy Birthday LaLa!!!

You are a legend and an inspiration. Thank you for all you have done to promote exercise and fitness for all!

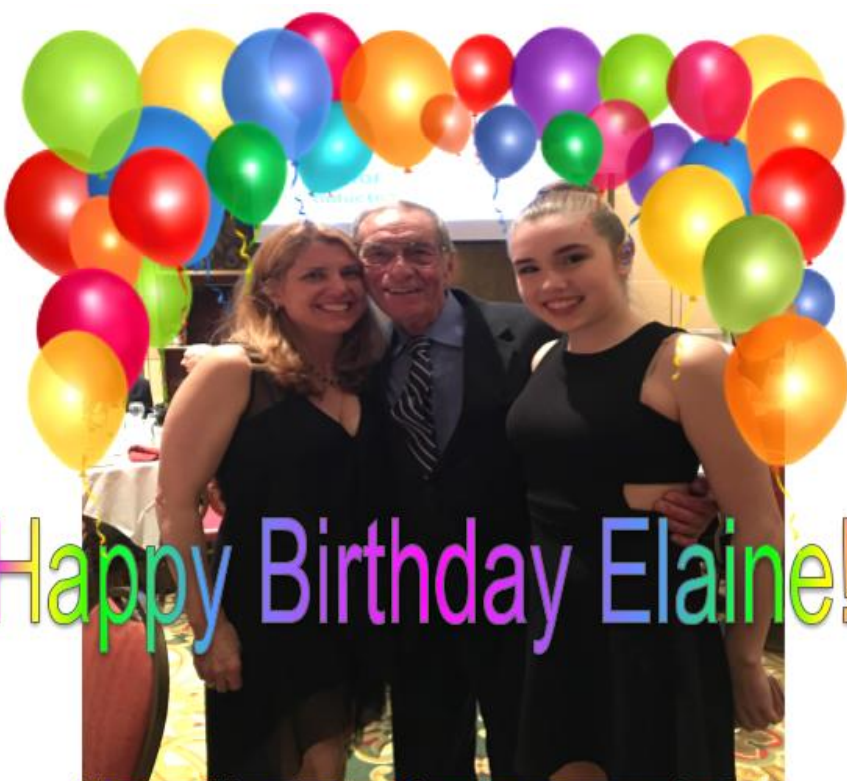
Thanks, Nick

Nicholas A. DiNubile, MD

2009 NFHOF Inductee

Chief Medical Advisor: -
American Council on Exercise





Happy Birthday Elaine!!

The world is a better place because you're in it!

From Melissa and Jordan Fray and coach Bob Gajda

2010 NFHOF Inductee

| 2008 NFHOF Inductee

What a spectacularly healthy life and what an example you have set for all humanity in your dedication to physical activity and wellness. You are a jewel and treasure to all your colleagues at the National Fitness Hall of Fame.

Happy Birthday!

With love and admiration,

Diane H. Hart -
2017 NFHOF Inductee



Happy 93rd Birthday to Elaine LaLanne – 2017 NFHOF Inductee



Elaine, There's an old saying that goes, "age is just a number", and you're living proof of that statement! **I wish you a Happy, Healthy 93rd Birthday**, and many more to come!!!

All the best, Greg Justice
2017 NFHOF Inductee

Happy Birthday, Elaine!

You are a true inspiration to all women in the fitness industry. Your dedication and living memory of what you and your husband did to change the health and wellness world is a true testament to your personal commitment to change the world! Be well and enjoy another beautiful decade!

Much love and respect,

Sara Kooperman, JD I CEO
2012 NFHOF Inductee

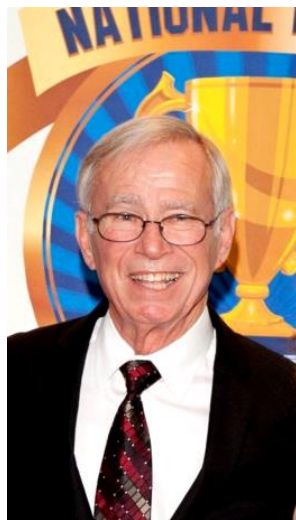


Happy 93rd Birthday to Elaine LaLanne – 2017 NFHOF Inductee

Happy Birthday Elaine to the “First Lady of Physical Fitness”

I had the good fortune to meet you at the Hall of Fame two years ago. You inspired everyone with your beautiful smile as the face of your wonderfully positive attitude. You proved your lifetime dedication to fitness when you dropped to perform a full push-up (straight body) at the age of 91. Until then I thought only Jack did “super-hero” stunts. You were always in your iconic husband’s shadow, so I did some reading about your background. You certainly were a very powerful “wind beneath his wings.” You are also a very powerful woman, a bright, intelligent, beacon of inspirational light. You were, and are, a model for women, capable of being both feminine and, at the same time, a feminist — very much worthy of the title “First Lady of Physical Fitness..” All the best for a wonderful birthday and many more to come. Your friend and HOF colleague,

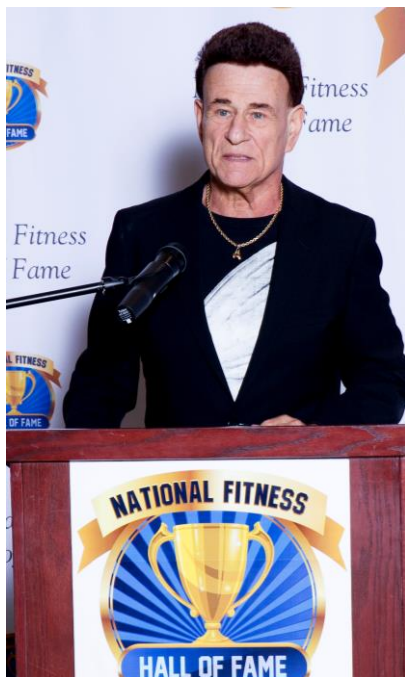
~ Jim Everroad
2011 NFHOF Inductee



Happy Birthday Elaine!

Hope to see you in
Chicago on April 28th.
Regards to your son.

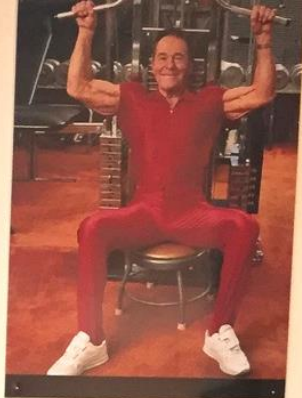
Joe Lupo-
2015 NFHOF Inductee





JACK LALANNE
"The Godfather of Fitness"

Inducted into the
National Fitness Hall of Fame - 2005
NFHF's "Lifetime Achievement Award" - 2012



JACK LALANNE (1919-2014 - 02/23/2014)
1919-2014
Jack Lalanne was an American fitness instructor and actor. He is widely regarded as the "Godfather of Fitness" and is credited with popularizing fitness in the United States. He was a pioneer in the fitness industry, creating the concept of "aerobic" exercise and introducing the concept of "interval training". He was also a successful actor, appearing in several films and television shows. He was inducted into the National Fitness Hall of Fame in 2005 and received the NFHF's "Lifetime Achievement Award" in 2012.

