

# EDUCATE \* MOTIVATE \* INSPIRE

Official eNewsletter of the National Fitness Hall of Fame

Spring 2023



*Janilee  
Today!*

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**TAKE OUR  
SURVEY**

What is the  
"Best AB Exercise"  
or "AB-Machine?"

Advice from our  
"Pros To Know"

**Pickleball, Really?**

AMERICA'S TOP  
**GROUP X**  
INSTRUCTORS

AMERICA'S TOP  
**PERSONAL**  
TRAINERS

AMERICA'S TOP  
**FITNESS**  
EDUCATORS

“Put out to the world that which you would like back and you will experience greater happiness.”

**TAKE OUR SURVEY**

How do you feel about Abdominal training?

What is your favorite Abdominal exercise?

What is your favorite Abdominal Machine?

Answer the following question, TRUE or FALSE

“My ABS look more like a Keg than a Six-Pack!”

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[Members](#) - Submit your answers at our website, SURVEY page for a chance to win some fantastic prizes.

Must be a current 2023 NFHOF Member.  
 No purchase necessary  
 Void where prohibited



### Importance of AB-TRAINING

“Abdominal muscles provide stability and support and help with balance. Strong ABS can prevent back pain and other problems.”





## Pickleball - "It's for Real and Here to Stay!"

When I was first introduced to Pickleball two years ago I scoffed. I was playing tennis and a group of four "old men" had converted one of the tennis courts into a Pickleball court and started batting a wiffle ball back and forth. "What the heck is this," I say to myself as I tried to ignore them. A few years later, after being coaxed to try it, I now see the appeal. Easy to learn, most anyone can play it and it's a great social activity. The NFHOF graciously welcomes its inclusion into the realm of fitness promoting activities. *"Pickleball is here to stay."*

*"Nearly 5 million Americans now call themselves pickleball players, according to the Sports & Fitness Industry Association. That's almost double the number compared to just five years ago."*

According to web search answer board, "Experts pin the rapid popularity of Pickleball to a few factors – the ease of play, the low cost of entry and sociability. Pickleball can be learned in a just a few lessons, and players can find tournaments at varying competitive levels."

# CONGRATULATIONS!

To Bill Crawford who received the National Fitness Hall of Fame's "Lifetime Achievement Award" on Saturday, April 15<sup>th</sup>, 2023 in Scottsdale, Arizona.

Photos & details on our website



**2023** **Coming Soon!**  
**W** **FITNESS**  
**ARRIORS**  
**FOR CHARITY**  
**NATIONAL FITNESS HALL OF FAME**

This challenging 1.5-mile Warrior Run will help us raise funds for several Hall of Fame Charities.

## “Exercising Outdoors and its Health Benefits”

I don't know about you, but during the cold winter months, I long for the sunshine and time outdoors. The shorter days and spending less time outside can impact your mood and mental health. Exercising outdoors has a myriad of health benefits.

First, it impacts your body's physiology. When outdoors, exposure to sunshine helps your body produce Vitamin D. This is a natural antidepressant and, in winter months, can help ward off Seasonal Affective Disorder (depression that impacts many in seasonal changes). Vitamin D production helps our body in other ways too, by improving bone health, boosting immune system function and reducing inflammation. Additionally, exercising in nature is relaxing, and this environment has been shown to lower blood pressure and heart rate. Even a few minutes of outside exercise can reduce the impact of stress to your body. As a mental health advocate, the importance of outdoor exercise on reducing depression, anxiety, stress, and even insomnia cannot be discounted.



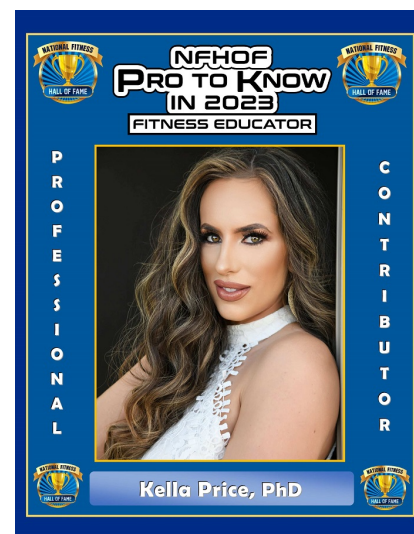
Outdoor workouts enable you to take in nature, which also has therapeutic benefits to your mental health. This environment can also enable you to work out with your friends or family, and even your pets (they need exercise too!) I love being able to explore local trails—taking in visually the beauty of the trail and its landscape, immersing myself in the sounds of nature, from the wind in the trees, birds chirping, even the crackling of twigs underfoot as I run along the path. Sometimes, you might even enjoy the smells of nature too – like the pine needles in the forest, honeysuckle or other blooming flowers, or the smell of salt water along the shoreline.

From a cost perspective, exercising outdoors is free (unless the park you use has an entrance fee) so it is accessible to everyone. You can also do a variety of workouts outdoors—without any equipment! In addition to walking, hiking, or running trails, you can also use outdoor spaces for workouts like yoga, HIIT training, body weight strength training, and mixed martial arts. You can check out some of my free workout videos filmed outdoors on my YouTube channel: <https://www.youtube.com/kellapricefitness>.

Finally, outdoor workouts can challenge your body differently than an indoor workout. Whether you are in grass or on a trail or path, changes or variations in the ground surface can help improve your foot and ankle stability and challenge your muscles (as well as your mind as you focus on adapting or adjusting).

My boys and I love participating in races in nature, and often select races in National Park areas to be able to explore, appreciate nature, and sightsee as part of our adventure. This past February we traveled to Saguaro National Park, where we enjoyed the desert beauty of the saguaros. This was a great getaway trip, and a fun race! What types of fun fitness adventures can you create as part of your healthy lifestyle?

About the author: Dr. Kella Price has 20+ years of training experience. Kella travels across the globe, teaching and inspiring others. She has been recognized as #2 Trainer globally by Pageant Planet and nominated for Best Coach and Physical Fitness by the GBAs. Kella has participated in a variety of fitness challenges, including Strongman and Powerlifting competitions, ultras, a 600-mi cycling event across Iowa, IRONMAN, and Rim-to-Rim Grand Canyon Hikes. She has been featured numerous times on TV as a health and wellness expert. She is a strength and conditioning coach, training with Dallas Cowboys and NJ Jets. She is a Yoga Therapist certified in several specialties. Kella is fitness content creator for 10 fitness brands for Healthy Fit. Connect with her and her brands on Social: [https://linktr.ee/Healthy\\_fit](https://linktr.ee/Healthy_fit)





## Common Inductees Between the National Academy of Kinesiology & the National Fitness Hall of Fame

By Bradley J. Cardinal, Ph.D.  
 Professor, Oregon State University  
 Historian, National Academy of Kinesiology  
 2023 “Pro to Know” - National Fitness Hall of Fame



Chartered in 1926 and Founded in 1930, the National Academy of Kinesiology is one of the oldest elected honorary academies and societies in America. It followed a less formal organization, which was established by Luther Halsey Gulick, M.D., in 1904. The aim of Gulick’s [American] Academy of Physical Education was to “...bring together those who were doing original scientific work in the field of physical training, and to aid in the promotion of such work.” This was believed to be necessary because Gulick and his esteemed colleagues were fighting to establish the legitimacy of this fledgling field – a field that had been widely infiltrated by charlatans who aimed to make a quick buck by selling dubious products, programs, and services. Some also promulgated ideologies that were challenging the field’s legitimacy. Gulick’s Academy existed during 1904-1918, but faded following Gulick’s untimely passing.

In October of 1926, Clark W. Hetherington met with four colleagues – R. Tait McKenzie, M.D., William Burdick, Thomas A. Storey, and Jay B. Nash – at the Hotel Astor in New York City to discuss chartering an American Academy of Physical education that would be on par with other eminent international and national academies (e.g., The Royal Society of London for Improving Knowledge). Hetherington, McKenzie, and Storey had each been members of Gulick’s earlier Academy. At their first meeting, Hetherington was appointed Chair of the group and named Fellow #1, McKenzie was #2, Burdick #3, Storey #4, and Nash #5. The numbering sequence begun nearly 100 years ago continues to this day for those elected to Active Fellow status. In addition to Active Fellows, others have been elected as Associate Fellows (i.e., people from outside the field, but who have contributed significantly to the field), International Fellows (i.e., people residing outside of the United States), and Honorary Fellows in Memoriam (i.e., a posthumous honor).

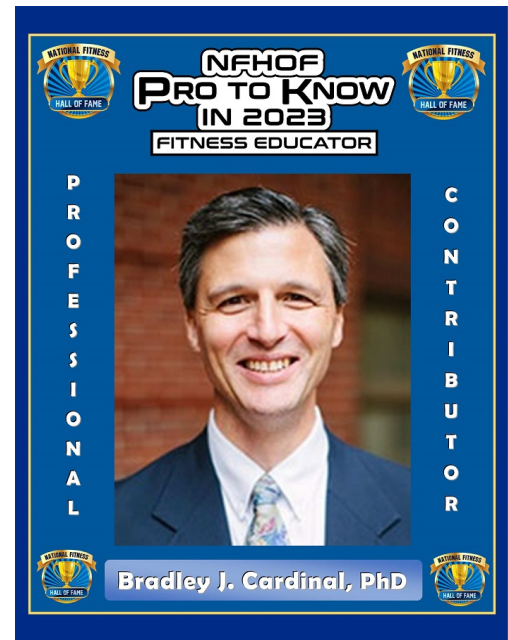
Being elected a Fellow – regardless of type – in the National Academy of Kinesiology is considered a pinnacle career achievement within the field. As an honorific, learned society, though, it may not be as well-known as other more public facing organizations.

Among the several hundred all-time elected Fellows in the National Academy of Kinesiology, four are also National Fitness Hall of Fame inductees. They four are:

- Steven N. Blair, P.E.D., Fellow #302, who also served as Academy President during 1994-1995;
- Janice S. Todd, Ph.D., Fellow #511;
- Thomas K. Cureton, Ph.D., Fellow #119, who received the Academy's Highest Honor (Hetherington Award) in 1976;
- Dudley Allen Sargent, M.D., Honorary Fellow in Memoriam.

Drs. Blair, Todd, Cureton, and Sargent were inducted into the NFHF in 2006, 2009, 2015, and 2020, respectively. These individuals, and the other elected Fellows in the Academy, have all devoted their careers to encouraging and promoting “...the study and educational applications of the art and science of human movement and physical activity.” Though perhaps indirect, another “Academy connection” is that nine out of the eleven founders of the American College of Sports Medicine (ACSM) were elected Fellows in the Academy, and many others have served as ACSM presidents, board members, and been elected to Fellow status within ACSM over the years. As an organization, ACSM was inducted into the NFHF in 2006.

The National Academy of Kinesiology’s motto is, “Pass it on.” As a more public facing entity, that same spirit is exhibited in the National Fitness Hall of Fame and Museum. <https://nationalacademyofkinesiology.org/>





## GETTING MOTIVATED TO START!

I know how it is, believe me! The mind is willing, but the flesh is weak! We all go through it, at least those of us who are human! We have to push ourselves to get out of bed, dressed up and get movin! But once we do get it together, we are so glad we did, and vow tomorrow we will remember how good we felt and how proud we were of ourselves. That is, until tomorrow comes... So here is my advice!

Get your outfit out the night before. Get dressed.

OK, you're halfway there. Get out of the house, office, comfort zone. Change your scenery. Fresh air, walk, think of things you are grateful for. People need people. Join a fitness class or just walk, share a smile and say hi to those you pass. You will never know whose life you will change, but I guarantee you, it will change yours! Keep on movin! Blessings, June Kittay - [www.junekittay.com](http://www.junekittay.com)

## On Solitude

Solitude can be confused as isolation. It is not. Solitude is alone time, simply put. If solitude is used to recharge, refresh, regroup, renew, reinvent, recover, relax, rejoice, replenish, restock, refuel, recreate . . . (the "R"s) – you get the point, it can be invaluable!! Isolation on the other hand is remaining apart from: People / Other's affairs / The environment around you  
As someone who has studied and worked in the helping profession since 2001, I've come to value all of the various R's that come with periods of solitude.

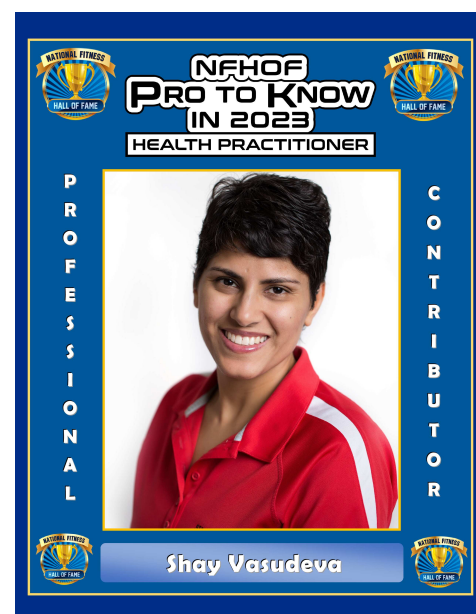
Sometimes this means taking time to do a quick gratitude journal before bed or affirmation list first thing in the morning. Sometimes it means finding a corner in a city park and admiring the flowers amidst a busy day. Sometimes it could be as simple as taking 30 extra seconds in my car to center myself by counting my breath. It may sound trite or even useless taking glimpses of solitude during the day, but the accumulation effect over time is beneficial. It's no different than if you have a weight loss goal and you count steps, adding a few here and a few there during the day. Or, nutritionally, it's no different than adding quality calories to your daily meals.

Finding moments of solitude during the day, throughout the day accumulates over time. Sometimes I find the days can get so full, that I may need one day per month to 'unplug' on a weekday. Sometimes, every few months, I will take a silent, solitary retreat for a few days. This may sound like isolation. Some of my closest friends tend to become offended or fear they will 'lose me.'  
I explain to them, this is the farthest from reality and truth as possible. Taking the time for solitude allows me to come back more energized than ever. I don't get all the R's every time. However, I will usually get some, at least a couple!

What do you do to reset? If you don't have a reset routine, try something like a quick gratitude list or taking time to unplug and enjoy some spring weather.

In Health, ShayTheCoach - Shaweta Vasudeva

<https://shaythecoach.com/>





## Tamilee Webb

“Ms. Buns of Steel”  
Fitness Guru and  
2008 NFHOF Inductee,

(Born: September 20, 1958) was born and grew up in Rio Del, California. She earned a BA in Physical Education and a Master's in Exercise Science from California State University.

Millions of fans worldwide have long admired Tamilee's no-nonsense approach to mind, body, health, and fitness within the home. Her energy, vitality and specially designed proven weight loss workout programs have consistently elevated her to the top of the charts.

Tamilee has been a co-host on the Health Network Channel's aerobic fitness shows now known as Discoveries "Fit TV". The network services more than 50 million households, and its audience continues to multiply. She has also hosted ESPN's Fitness Pro Series and consulted on Fox Sports Fitness show "Body Squad".

Tamilee is best known for her BUNS OF STEEL series that has sold more than 10 million copies include her Quick-Toning Series, and co-hosted the BUNS OF STEEL Platinum Series. Now available on DVD and digital download, back by popular demand, and continues to be her best fitness instructors, which took her all over the world.

She is now CEO of T.L. WEBB INTERNATIONAL, Inc.



### Training with Tamilee

Sometimes we need a little guidance to help reach our goals or take things to the next level.

I am here to help you design a plan for your needs, eliminate any doubt or obstacles that are keeping you from your goal, inspire you daily to reach the next step toward the goal, and give you tools & techniques to help you identify and achieve your goals.

#### ONLINE PERSONAL TRAINING

Customized programming, expert coaching, zero guesswork, and cheers through every rep and set!

8 Week Programs, Weekly Video Calls, Fitness Assessment, Daily Motivation & Nutritional Guidelines

[www.TamileeWebb.com](http://www.TamileeWebb.com)



Tamilee started helping people in the 1980s and continues today!

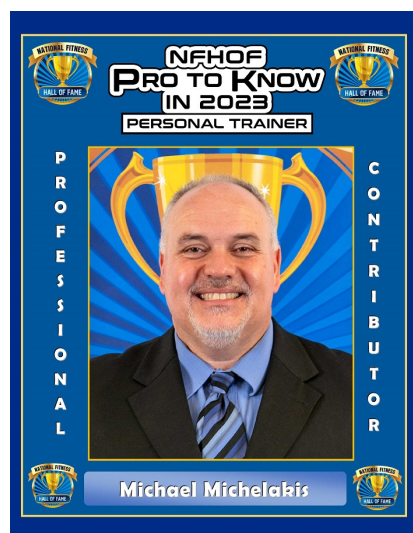


The National Fitness Hall of Fame is recognizing and honoring those individuals who devote their time and energy in helping others, “Get Fit & Stay Healthy.”

All Group Exercise Fitness Instructors, Personal Trainers and Fitness Educators (PE Teachers & University Professors, etc.) are invited to submit an application for consideration now through May 30<sup>th</sup>, 2023

Go to [www.nationalfitnesshalloffame.com](http://www.nationalfitnesshalloffame.com) for further instructions

**May is National Physical Fitness Month.** Since 1983, each President has proclaimed May as National Physical Fitness and Sports Month to promote the importance of physical activity, physical fitness, and sports participation. Like his predecessors, President Biden issued a Presidential proclamation celebrating this annual event, observing that “Fitness and sports are not only good for our physical health, they also improve the quality of our lives overall.” During National Physical Fitness and Sports Month, we all can shine a spotlight on the importance of being physically active in maintaining our nation’s health and wellness.



## Fitness Motivation

The importance of fitness and motivating high school student athletes are vital for their overall development as they grow and mature into adulthood. Not only does it create good health, but it also helps foster a positive mental attitude. My daughter is an example of how sports like power lifting has motivated her into being not only a great student, but also a great overall person. The awards and achievements have given her the confidence to be successful in her school and her work life.

Mike Michelakis – 2021/22 NFHOF “Volunteer of the Year”

