



Inspire the World to Fitness®

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**IDEA Health & Fitness Association Inducted Into National Fitness Hall of Fame**

*IDEA Joins a Rich History of Fitness Stars and Advocates as an Honoree*

**San Diego – March 30, 2009** – [IDEA Health & Fitness Association](#), the leading membership organization of health, wellness and fitness professionals worldwide with more than 23,000 members in over 80 countries, was inducted into the National Fitness Hall of Fame on March 15. IDEA was founded by Peter and Kathie Davis in 1982.

IDEA joined the likes of past honorees Jack LaLanne, Kathy Smith, Gilad Janklowicz, Governor Arnold Schwarzenegger, Tony Little, Joe Weider, Dr. Kenneth Cooper and other top fitness industry professionals as inductees for this prestigious award.

Award recipients were chosen based on their dedication of service to others and for exceeding the mission of helping millions of people get fit, stay in shape and live healthy, happy and productive lives. This year's National Fitness Hall of Fame featured special guests Dr. Bob Goldman and Tamilee Webb as well as other sports and fitness celebrities, who helped induct the following people into the hall of fame.

Fitness Pioneers: Joe Bonomo \* Jim Lorimer

Fitness Educators: Paul Bernstein \* Jan Todd, Ph.D.

Fitness Instructors: Nancy Claussen \* John Hansen

Sports Medicine: Dr. Philip E. Claussen, DC \* Dr. Nicholas A. DiNubile, MD

Fitness Celebrity Spokesperson: Bob Richards

Fitness Organization: [IDEA Health & Fitness Association](#)

Accepting on IDEA's behalf was Nicki Anderson, 2008 IDEA Personal Trainer of the Year. "I am grateful to accept this award on behalf of the 23,000 IDEA Health & Fitness Association members in 80 countries who are influencing 25 million people every year," she said. "IDEA fitness professionals comprise the front lines of the army that is motivating the masses to get fit. IDEA's purpose is to Inspire the World to Fitness® and its members do this every day through personal training, group exercise classes, yoga, Pilates—and the list of activities goes on and on.

Details and photos can be found at [www.nationalfitnessmuseum.com](http://www.nationalfitnessmuseum.com).

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**About IDEA Health & Fitness Association**

IDEA Health & Fitness Association is the world's leading membership organization of fitness and wellness professionals with more than 23,000 members in over 80 countries. Since 1982, IDEA has provided personal trainers, group exercise instructors, fitness program directors, mind-body teachers, health club owners and fitness center managers with pertinent information, health and fitness educational opportunities, career development programs and industry leadership while helping them enhance the quality of life worldwide through safe, effective lifestyle and fitness programs. IDEA members interact with consumers more than 25 million times a year in the fitness marketplace. For more information on IDEA fitness and wellness conferences, publications, professional fitness education and products, member services and other activities, visit [IDEA Health & Fitness Association](#).