

# Fitness Innovator Gets Rare Honor – John Abdo to be Inducted into Hall of Fame

ADDISON, Ill. – Mar. 12 (SEND2PRESS NEWSWIRE) – Former Olympic trainer and fitness innovator John Abdo to be inducted into the National Fitness Hall of Fame in Chicago. Abdo will join an impressive list of inductees including Jack LaLanne and Joe Weider.



**Send2Press® Newswire**

Who: John Abdo might be the most famous fitness authority you've never heard of. Nearly 20 Million people around the world regularly use Abdo's inventions for body strengthening and conditioning including the AB-D0er, the first exercise machine for abdominal aerobics. photo

The former Olympic trainer helped turn dreams into gold for elite athletes such as speed-skater Bonnie Blair and track star Quincy Watts. Abdo's syndicated television program, Training and Nutrition 2000, ran from 1985 to 1997. TV Guide called it "the most sophisticated fitness show on television." Abdo was recently named National Spokesperson for the Fitness Challenge Foundation.

What: Each year, the National Fitness Hall of Fame (located in suburban

Chicago) honors individuals who have spent a lifetime promoting fitness and healthy living to the American public. "John Abdo is being recognized for his remarkable contributions to fitness theory and advocacy," said John Figarelli, Executive Director. "John's tireless pursuit of new technologies has helped millions of people transform their lives."

When: On March 18, 2007, Abdo will join an impressive list of inductees including Arnold Schwarzenegger, Lou Ferrigno, Jane Fonda, Jack LaLanne, Richard Simmons, and Joe Weider.

Where: The ceremony, to be hosted by Tony Little, will be held at 6:00 PM at the Oak Meadows Golf Club in Addison, Illinois (just outside Chicago).

**More information:**

Ken Dachman  
of Key Partners, LLC  
for John Abdo  
Ken @ KeyPartnersLLC.com  
+1-847-424-9150

More information about John Abdo: [www.johnabdo.com](http://www.johnabdo.com).

Text provided by an agency, Key Partners, LLC, on behalf of the news source.

News issued by: John Abdo

# # #

Original Story ID: (2607) :: 2007-0312-009\_Abdo

Original Keywords: John Abdo, National Fitness Hall of Fame in Chicago, AB-Doer, National Spokesperson for the Fitness Challenge Foundation, Training and Nutrition 2000, John Figarelli, Arnold Schwarzenegger, Lou Ferrigno, Jane Fonda, Jack LaLanne, Richard Simmons, and Joe Weider John Abdo