



**NATIONAL GYM ASSOCIATION**  
[nga@nationalgym.com](mailto:nga@nationalgym.com)  
1-954-344-8410

## **David Spindel**

### **NGA Hall of Fame – 2016**

Though this year marks 37 years since the founding of the NGA, this is the 3<sup>rd</sup> Annual NGA Hall of Fame tribute. Inductees must possess attributes that help shape the sport of natural bodybuilding and make exceptional contributions to further the growth, reputation, and character of the NGA and the sport we hold in such high esteem.

This year we are pleased to announce the 2016 NGA Hall of Fame inductee is David Spindel!

Let me share his impressive background with you so you get a sense of why Dave was selected.

Dave was born September 1, 1952 Queens, NY to Murray & Barbara Spindel. He was the first of 4 boys.

He started working out in 1965 at Vic Tanny's in Queen's NY. You had to be 16 to work out, Dave was only 13 so his uncle smuggled him in.

1978 he married Pam Spindel, had 4 children Kimberly, Kristie, Sarah & Daniel. 3 grandchildren Riley, Sydney & Ashton, and 2 son-in-laws Jerry & Ray.

In 1984 Dave met Jim Heflin founder of Beverly International and joined Beverly International Nutrition that same year. In 1989 we won jobber of the year from Beverly International. Was awarded a plaque and a trip to Cancun. He then opened Beverly International Nutrition & Fitness Center, and later changed it to Essential Fitness & Nutrition.

He became a trainer and coach for many top bodybuilders. He had 9 Mr. Universe Winners & 5 Ms Universe Winners which included:

Bernard Sealy 1989 IFBB World Champion  
Yohnnie Shambourger 1995 IFBB Mr Universe  
Chris Dickerson Former Mr Olympia  
Bill Grant Former Mr. World  
Robert Brown Green Bay Packers  
And our very own - - Earl Snyder Mr Universe Finalist  
Professional Boxers

University Strength Coaches  
International Soccer Team & many others

He gave nutritional seminars both nationally, internationally & at police academies.

He was sought after to MC bodybuilding events both nationally & internationally

Dave produced a workout video & body fat reduction tape in the 90's. This workout video is used as part of the NGA's Trainer's Certification Course.

On a personal side:

a musician that played bass guitar in local area bands.

Was a diehard Yankee fan – GO Yankees

Dog lover, especially a huge fan to his boxer, Rocky who passed away last month.

He was chairman for NPC & then came on board the NGA in the early 1990s. Even during the NGA's hardest time Dave was one of the few promoters who stay with the NGA.

Dave promoted three NGA shows:

The Annapolis Championship

The Potomac Cup

And the Mt Rogers Championships along with his 1<sup>st</sup> pro show the Mid Atlantic Pro Blowout in 2012

In 2012 he was recognized by the NGA for all his hard work and received a plaque that read:

David Spindel - A man who is not only a highly respected ambassador to the NGA's crusade Drug-Free Athletes of America, but a true friend to all our competitors and a special friend to myself for over 25 years. May God Bless You! – Andrew Bostinto

Unfortunately, on February 23, 2013 Dave passed away from a long battle of cancer but he fought till the end. Andy and Dave were always talking and he remembers how Dave would speak about how strong he was in his workouts while battling this awful disease. As per his wife Pam and daughter Sarah, after his death countless people reached out to them to let them know what a difference he made in their lives. Dave was a passionate person. Whatever he did, whether it was his band, bodybuilding, friends, business, and last but, not least, his family - you can believe he gave it his all! He was in a lot of ways larger than life.

That is why Pam and Sarah knew that they had to continue with Dave's legacy. In 2013 they started promoting the Dave Spindel Pro Classic which has had tremendous success. Though all of Dave's shows were extremely successful, we have to say, that we are sure Dave is looking down and is proud of how successful Pam and Sarah have continued his legacy.

Will everyone please stand and help me give a warm welcome to our guests of honor, NGA Chairwoman Pam Spindel and NGA Vice Chairwoman Sarah Spindel.