

# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

February 29 ·

today's #shoutoutseries gives gratitude to [Linda Shelton](#), industry Icon, to whom I credit circle-methods, answering questions, 5 questions, thinking in groups, group dynamics, and more. Like [Lisa Wheeler](#), an unsung, behind-the-scenes in fitness superstar who is the MASTERMIND behind so many programs past and present whose name more often than not does NOT appear in branding. I thank you for giving me some of my first starts and some of my first trusts. If YOU teach any of the most popular pre-choreographed and pre-formatted formats out there for group fitness, you KNOW Linda's work without necessarily knowing her name. Who knows Linda and her work?



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--makes me truly grateful. #goodwitchnot a #badwitch.



# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 2 ·

today's #shoutoutseries gives gratitude to [June Kahn](#) , an [IDEA Health & Fitness Association](#) Award Winner, cancer survivor, Pilates diva, industry #icon, and more: my only female roommate ever at [SCW Fitness Education](#) events, surviving on [Isagenix®](#) -- when it was still a valid company-- and who cooperated with me during [Athletics and Fitness Association of America - AFAA](#) events and more, then asked me to coauthor for [Hüman Kinetics](#) with her our [#MorningCardioWorkouts](#) book (whose name we couldn't persuade them to change), co-presented at [Canadian Fitness Professionals Inc. \(canfitpro\)](#) in a uniquely themed and titled session "The Buddha Meets the Mermaid at the Barre" years before barre even became a fitness word, and who looked me in the heart before my first ever presentation at [#reebokresolution](#) for [Stephanie Montgomery](#) with [Kathy Stevens](#) and [Kitty Callahan](#) and said "you GOT this," and she was, apparently, correct there too. Who knows [June](#) and her work?.





# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 3 ·

today's #shoutoutseries gives gratitude to [Mark Rees](#) who years ago in Dallas saw in me something somewhere and gave me a chance--my FIRST fitness chance after getting ACE Gold certified-- from personally leading all of my [Athletics and Fitness Association of America - AFAA](#) certifications to continuing education letter of recommendation for [American Council on Exercise - ACE](#) and [ACSM Journals](#), we formed groups, ran choreography exchanges, and did so much more. You were my first mentor who taught me how to negotiate, how to handle crowds, how to stand up for myself--both as myself and with companies--and had also taken your fitness talent around the world

winning #nationalaerobicchampionships #suzuki all over the world, like with Leslie Hills (is she on FB?)... all of the [Deborah Ann McGrath](#) and [Will Amason](#) and [Kim McVicker](#) and [Darla Huck Searles](#) will agree with me that you paved the way as a visionary leader, never follower....and I remember #Parigi and #candlelightcobbler and [Keeping Up Appearances](#) which was THE precursor to FAKEbook and social media while sticking labels on cassette tapes at the last minute Michael had just finished..... Who knows C. Mark Rees and work? #iknowwhattheCstandsfor 🤔 #sweepthebench



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·  
meaningless hashtags:

[.#larrynorth](#) [#bally](#) [#northdallasathleticclub](#) [#fourseasonslascolinas](#)[#cooperaerobicscenter](#) and [#whattamiforgetting](#)



# #shoutoutseries findLawrence

## Lawrence Biscontini

March 4 ·

today's #shoutoutseries gives gratitude to [Thomas Snow](#) of [www.tomsnow.com](http://www.tomsnow.com), a musical mentor I met living in Boston and working for [American Airlines](#), who taught me about translating, buying, writing, recording, and even SINGING tunes for a variety of reasons, including donating his time in the North End for the then-titled nursing home there. I saw Tom directing choir in Catholic mass at St. Ann's when I lived in Boston and fell in immediate love with my #mancrush, from the way he treated his choir, the way he played, the way he smiled, and the way he fervently prayed between songs. While he has many CDs out and downloadable, not a single HOLIDAY release do I play year round as his talented piano work on "Christmas at Mast Cove" from 2001. He "jazzed" at the keyboard during my 30th bash in PR. Singlehandedly, he guided me through the reality of my two singing CD's to date I recorded for my donations to [Sisters of Saint Joseph of Philadelphia](#), "Songs that Chose Me," and "Songs that I Chose." Trailblazer as he is, now he coaches and teaches all aspects of his craft online on his new site, [#aheadofthepack](#). Tom has taught me his unique invented language fusing Italian and Spanish whilst using English words, how to cultivate a love for mushrooms ("gotta love this"), restored my faith in heterosexual men of decency, and --just sometimes--when singing a song you can make up your own rhythm --and change it-- as you go along. Who knows Tom and his work? (Alas, ladies, he's not single: and has 2 kids).



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Watch Tom in action: <https://www.youtube.com/watch...>



# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 5 ·

Today's #shoutoutseries gives gratitude to [Lauri Reimer](#) formerly of [Athletics and Fitness Association of America - AFAA](#). She ran an empire, and singlehandedly called me and offered me both USA and international gigs, and supported me, and taught me how to CALL hosts before gigs and verify EVERYTHING before start time (including "what time will the security show up and open the club") and on from there... and all the secrets to negotiating an entire weekend I now share w/those I mentor; and pointed in my direction other #risingstar and #onetowatch individuals as well as gave me backstory on ways to manage the large crowds at huge conventions with 100+ individuals doing their practical exams to pass. Thanks to booking me, I certified thousands of fitness professionals in group ex and pt over the years, apprenticing with Jill, [Ruth Hughes](#), [Dorette Nysewander](#), [Pearlas Sanborn](#), and more. I'm forever grateful to her wisdom, sarcasm, and bilingual cultural sensitivity before it was an industry trend to embrace Spanish programming. When I shot in LA, she'd drive across traffic (hours in LA) to see me and grab a hug. And support from afar. Do you know or work with Lauri? if you hold an #AFAA certification older than 5 years, you at least indirectly do.





## #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 6 ·

Happy Birthday Pisces MOM: today's #shoutoutseries gives gratitude to Mom-- [Barbara Savage](#)- who TODAY celebrates another milestone birthday... ANY birthday after 80 is a milestone, but this is over 85... You altered the course of my life when you saved me from choking when you brought me home from the hospital after giving birth at Christmas and staff was super short, when you found a spiritual healer to restore my hearing in my left ear after left-ear deafness when you took care of me after eye surgery left me unable to see for almost a year in 1972, and when you helped me figure all the sense of school bullying from fearful classmates, only then have to figure out how to be a parent of a child much more different than you ever expected to raise and had to unexpectedly take on the role of both father and mother when Dad passed unexpectedly near my 18th birthday. From special needs to special deeds, you lifted me spiritually, emotionally, socially, and psychologically. The day you sat me on the red chair, got on your knees and stared into my sobbing eyes and said "Yes, you're different, but celebrate YOUR difference; they can make fun of you cuz you're different, but spend the rest of your life realizing that THEY are all just all the SAME." True--they never realized that hating MORE never made me any LESS of who I was going to be. And, truth be told, where I get my #bucketofcrazy is YOU, and my gratitude goes to YOU today for helping me celebrate how DIFFERENT I am.



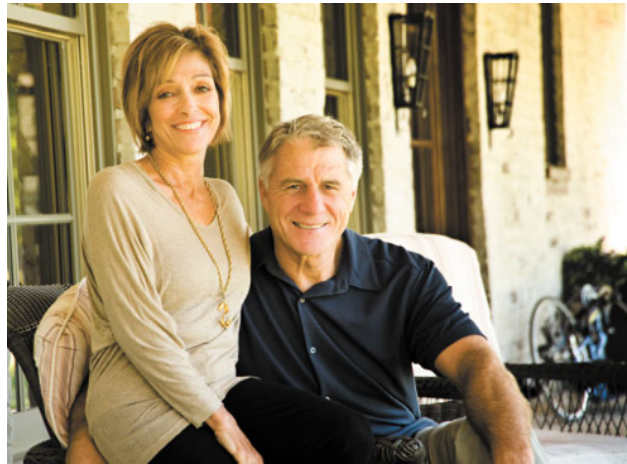


# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 7 ·

today's #shoutoutseries gives gratitude to [Stephanie Morris](#) and her husband Mike who from [Resist-A-Ball®](#) days allowed me to join their team, learn their methodology, and understand the dynamics of teaching almost ANY kind of group strength training, although we featured our stability balls by [Power Systems](#) with [Harvey Elkins](#) and [Robert Lindsey](#) and [Daryl Shute](#) and the gang....Individuals like [Deborah Ann McGrath](#) ("I'm in waaaay.....") and [Lauren K. Eirk](#) and [Debbie Bellenger Portia Page](#) et. al. from around the USA met and we trained to take



our #resistaball message on the road, then we did a Zydeco something with bizarre music, then we went camping, then some of us got into conventions w/the programs, and some of us did workshops around the gyms of the world w/the manuals and huge-ass VHS tapes we had to schlepp there to sell, long before the days of virtual download... Mike (not on FB anymore to include here or tag?) was our figurehead leader as teacher of science with sound ways to view things (I still see people doing incline oblique curls with BOTH of their hands overhead and can spot the insanity thanks to Mike) and Steph and [Carol Murphy](#) were the two choreography queens bringing sweet 16 moves-to-the-masses who wanted to see things packaged into choreography blocks long before Zumba gave classes to download. You altered the course of my life when we had to circle teach and, when I was done with my part, Mike said in his lovely southern accent "I've nothing to add to that," and my confidence soared instantly. When tragedy struck their family, we all ran together to be a part of their newfound struggle, and little strides were made. Thank you to you both as #powercouple to support and raise the levels of professionalism in our fitness industry, both privately and at events such as [SCW Fitness Education](#) and [IDEA Health & Fitness Association](#) as both presenters and sponsors over the years. You really developed a team from love, from which other companies today calling their groups as "teams" could learn by your examples where you put people before profit.



# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 8 ·

today's #shoutoutseries gives gratitude to [Sara Kooperman](#) who on #internationalwomensday has led the pack in so many ways, giving me some of my first chances at fitness at a time when she didn't hire so many "international" presenters, and then went on to offer me countless on and off-camera contracts and opportunities, from DVDs to online courses, with manuals, books, and presentation and keynote experiences in between, with the understanding that sometimes my name would appear as creator, and sometimes not. By a pool in Orlando somewhere in the 1990's, she was the visionary to put a DVD of myself in my hand and tell me how to sell it to others (and, indirectly, taught me how to be sure I'm



going to get some percentage or incentive for selling so well). As a leader, a female, an intelligent woman in our industry (nobody messes with a JD), Mom of 4 and a dog, multi-faceted professional juggler, first female to run the USA midwest division of an all-male [Les Mills](#) international empire, [QVC](#) star carving her way for online female personalities subsequently to get booked, hall of fame invited personality, creating both live and virtual [SCW Fitness Education](#) events, defying tradition in creating her own certifications by her own company #scwfitness #scwmania when [American Council on Exercise - ACE](#) and [Athletics and Fitness Association of America - AFAA](#) had been the industry staple, being an Illinois State Business Woman of the Year and recipient of [Aquatic Exercise Association](#) Global Award for Contribution to the Aquatic Industry, founder of her own water-based prechoreographed life when [Water in Motion](#) (with mastermind [Connie Thornley Warasila](#)) and now founder of female business summits and more, with [Reebok](#) and [Athletics and Fitness Association of America - AFAA](#) experience as well. When we were together shooting in-studio on #september11th our lives changed, and she showed me her business sense when decided to press on with business, (almost) as usual, encouraging me to shoot 3 more titles. For 3 decades, I can't recall ever working for a male organizing a major international fitness convention anywhere. As a female fitness personality icon name in North America, she soars above the clouds where are [Kathie Davis](#) and Carol Scott as [Sara Kooperman](#), who always in my heart have formed a trilogy, having run successful fitness empires for years (maybe for all we know they masterminded this years ago in the last century in some Temple somewhere with calculated female vision--good for them! 😊) along with Linda Pfeffer followed by the other incredibly-visionary, kind, successful,



trailblazing [Maureen Hagan](#) and [Suzanne Hosley](#) for Canada and Asia, respectively. Say what you will, Sara joins the very few names of other females in our industry who have braved the uncharted territory and come out "successfully" (depending how you define this word) for so many years, in so many ways, in so many places. She's always stood out in - and held more than her own with--crowds of males, and surrounded herself by strong females, like [Keli Roberts](#) [Mimi Conner](#) [Ann D Gilbert](#) and so many others over the years. That she has held some of her team like [Claudio Cornejo](#) and [Mike Divello](#) and [Cheryl Buncak Vincent](#) and [Denise Zeigler Johnston](#) for so many years speaks a great deal about her, and about them. I've learned from Sara what to do, what not to do, how to get on in the fitness world and negotiate for myself even when you're lacking confidence to do so, including several life-changing [#saraisms](#) I've compiled here in my [#lessonslearned](#) series:

<https://www.youtube.com/watch...>



# #shoutoutseries findLawrence

## [Lawrence Biscontini](#)

March 9 ·

today's BIRTHDAY Pisces [#shoutoutseries](#) gives gratitude to [Irene Cathy Narvaez](#), my assistant, friend, and confidant. You altered the course of my life when you said "sure, I can do that," at the only time of my life when my fridge was BARE, and pantry EMPTY, and heart BROKEN, and you let the light in through its cracks. Now you organize my life, manage my circles, and are one of the VERY few people in both [#teamLawrence](#) and [#teamBiskit](#). Your kids [Erinea Narvaez](#) and Amanda and Miguel I've watched grow and your light shine forth. Nobody needs to ask what being a model Christian or human means because one only need study by your example. Far too long you put yourself last and you think about the needs of others before yourself, which is one of the definitions of true, selfless love. I appreciate all the hours you give me in all of your offices in all the places you've come to rely on my crazy [Voxer](#) sounds at all hours of the day and night. My favorite words you text me after pleasantries are "on it," which allows me to rest cuz I know you'll get "it" done if "it" is legal and ethical. And then some. 🙄 I'm happy to be with you in PR, USA, Greece, and points-in-between. Birthdays are like new year's days, so I wish you a wonderful start to a year of YOU, and take time for YOU. As I tell my mentorees, "you can't serve tea from an empty teapot," so take care of yourself first. Rejoice in your simple loves: avocados, red wine, nail salons, Mexican spicy foods, and being with ME (just kidding). I make this post knowing full well that words and pics can't convey my gratitude, but NOT doing this on your birthday would be a sin of omission....





# #shoutoutseries

## findLawrence

[Lawrence Biscontin](#)

March 10 ·

today's #shoutoutseries gives gratitude to [Jeffrey](#) of [Baptist Health/Milestone Wellness Center](#).

You altered the course of my life when you gave me a phone number--not YOUR phone number--in a supermarket in Dallas. An ideal travel companion, super talented watercolor artist, painter, sculptor, carpenter, handyman, furniture upholsterer, best gardener ever, swimming pool and jacuzzi specialist, and dog owner, you have taught me so many things about our planet, human nature, living with disabilities, and more.



Memories include: surviving hurricanes and existing with no electricity for 4 continuous months, past consultancy

to [#Aman](#), being on [#Rosie](#), clad in [Singapore Airlines](#) pajamas, co-teaching on sand floors in the Philippines with [Irene A. Almario](#) looking after us, countless times together on set of [General Hospital](#) and then [The Coffee Bean & Tea Leaf](#) and with tea and meds when I was once curled up on a hotel room floor, you singlehandedly brought me back to life to continue to teach my charity classes. You give us all hope when you share your British parents success stories of still-togetherness after countless years, sharing gobs of traditional toast each morning. One of the biggest lessons you taught me around 40 was that--just because the phone rings doesn't mean you have to answer it. And everyone--EVERYONE--will agree that--when you walk into a room, the room both enlightens and enlivens, and everyone wants to be in YOUR circle, whatever your hair color on that particular occasion. 😊 I won't say too much about the fact that you ended up now in a place whose initials are "KY." Now to see you doing so well on the fitness circuit at [SCW Fitness Education](#) and [IDEA Health & Fitness Association](#) and beyond, including a regular weekly news slot in Kentucky, charms my heart. That you have someone who matches your talent and deservedness in [Mark Eliason](#) restores our faith that everyone out there has someone out there. I'm eternally grateful to you, our fitness Ken Doll with a large brain and even larger heart.



# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 11 ·

today's #shoutoutseries gives gratitude to deceased Robert Hathaway from [Colgate University](#) who singlehandedly took me through ONE semester of THE BOOK that changed my life in addition to the BIBLE: Don Quixote of La Mancha. You altered the course of my life when you smiled each time I told the class how I interpreted the chapters we read, and when I started--and ended--the semester saying that the knight-errant known as Alonso Quijano was my new hero, just like Jesus, so often misunderstood and tortured for holding true to his goals, ideals, values, and, above all, interpretations of his reality. I learned then and there-- in the semester I began with you just after I began college and Dad died and I was LOST--that reality is just a collective hunch, that the way we see things may be dramatically different from the way that others see things, called "perspectivismo" in español, that, like #Pooh says, our thoughts and love about honey (or "Dulce-nea") are far more satisfying and far more enduring than the fleeting, fleeing moment of actually eating the honey, that humor is timeless, and that agreeing to disagree can be a wise choice for all towards getting to a better place of civility instead of separation, wise advise for a USA politically divided and a world virus-divided with more #xenophobiathan ever. I'm rereading this vast tome for Lent, revisiting this after 37 years to find that memories flood back, but not much has changed regarding our human condition. #DQ #Quijote #Quixote is still my hero.



And Jesus.

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Which book has most changed YOUR life?



## #shoutoutseries findLawrence

[Lawrence Biscontin](#)

March 12 ·

today's #shoutoutseries gives gratitude to [Gin Miller](#)/[Ginny Davis Miller](#) who taught me so much about welcoming new blood into your well-oiled team machine. When #reebokuniversity invited me to be a part of their #mastertrainer group, I joined the ranks of [Josie Gardiner](#) [Joy Prouty](#) [Petra Kolber](#) [Leigh Crews](#) [Lisa Wheeler](#) [Kathy Stevens](#) [Fred Hoffman](#) and more, and presenting in a room where they were also presenting simultaneously in hotel adjacent ballrooms tested my self-confidence and a sinful sense of pride that I was part of the most elite team of educational master trainers formed by [Stephanie Montgomery](#) that ever existed on the fitness world in any country, hands down (all those named above went on to win [IDEA Health & Fitness Association](#) which speaks gobs). I finished my first session at a #reebokresolution for [Kitty Callahan](#) and went next door to take a session from [Gin Miller](#). She stopped her step choreography, had everyone turn to the back and say "Hi, Lawrence," and said a few words about me joining the MasterTrainer team, being the newest #kidontheblock, and endorsing they all give me a chance and try my sessions. I remember time stood still and I couldn't believe this industry icon was stopping HER session to talk about MINE. And then--what will stay with me forever--she said "you have to know Lawrence because he's one of the good guys." Those profound words stay with me until today because -- on the surface -- they laud and compliment, which is true. But the fact that she called me "ONE of the good guys" meant two more things; first, that I was now part of a big, important team and, second, that, if some are "the good guys," there are some out there who are NOT such "good guys." And for the rest of my career I explore, experience, and expand my knowledge base of what she really meant. I learned from [Ginny Davis](#) how to work with true integrity and how to introduce others, and I take that task very seriously when I get that privilege, especially when I remember what it's like to be a seasoned presenter but in a NEW event or location or convention. Petra's podcast reveals Gin's integrity, decency, and honesty, and I found all of that true, adding also her humanity. In a popularity-driven business such as ours, it's easy to be threatened by young new (oftentimes uber-gorgeous) blood, and she taught me that all boats rise when the tide comes in, and everyone looks great when the team is superb. I'll always be grateful for her laughs and joys, and her mind that always, always, always had ways to make a dollar more ("Lawrence, you should offer signed 8 x 10 headshots to people as an upsell when they buy your online DVDs: you charge then \$3 more and they get a frame-able signed pic of you!"). She altered the



course of my life when she recognized me--in public--as both a friend and master trainer team member, not so much for my immediate ego then and there, but for how I would learn to do the same for all those I'd come to mentor and try to lift up to the light of fitness as well. Now EACH DAY I ask myself before I close my eyes "did everything I do and think today keep me on the list of 'good guys'? 😊

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--makes me truly grateful. #goodwitchnot a #badwitch



# #shoutoutseries

## findLawrence

[Lawrence Biscontini](#)

March 13 ·

today's [#shoutoutseries](#) gives gratitude to Doctor Len Kravitz who has been my #1 fitness mentor for decades, not on Facebook. Yes, he knows he's my fitness mentor (read: for someone to be your mentor, he or she must know that you have an established relationship: otherwise one of the 2 is simply an idol or role-model). I'm grateful (and still overwhelmingly surprised) to him for acknowledging my presence anywhere we are together: a party, one of his jam-packed fire-code-capacity FCC lectures, or shopping. We have been roommates for many years at [#ECA](#) events for Carol Scott, and walked floors of the [New York Marriott Marquis](#) together to get our cardio in without being in a public gym, able to talk away the world. The REAL blast occurred when we co-presented over several years at [IDEA Health & Fitness Association](#) and [#inneridea](#) for [Peter Davis](#) and [Kathie Davis](#) sessions on mind-body connection of theory and practical (guess who did which sections) and then sessions on brain neuroplasticity and neurogenesis for several organizations as well. I don't know his complete list of co-presenters, but I know it's not long. That my name appears on a board next to his baffles me, for I'd be overwhelmed just having my name whispered in any sentence where his name is shouted. When Len watches my lecture or workshop, he consistently begins afterwards with "that was great." Then I look into his eyes, swallow my ego, and say "what did you REALLY think?" and then he floods me with truth, and growth potential, and lots of work-ahead necessity, usually at a time when I just put to bed a particular program or keynote address. I'm grateful--and even more--I'm PRIVILEGED to him for the times he's watched my work and held my growth. He teaches me the power of asking questions, of showing over telling, of being an industry professional, and of keeping everything (almost) research-based. I'm also grateful for the times we have sat over pizza (yes, pizza--it's Italian; get over it) and dished on the industry, the award winners, the trends, the comers and goers, and the news. Those conversations are priceless because he brings his intellectual savvy--coupled with his insane humanity--from years working with [IDEA Health & Fitness Association](#) [SCW Fitness Education](#) [Canadian Fitness Professionals Inc. \(canfitpro\)](#) [American College of Sports Medicine](#) [FILEX Convention](#) and more. A multiple industry award winner, author, and lifetime achievement award winner many times over, he continues to teach by what he does, not by what he says. Len changed my life when he noticed me, saw me, acknowledged me, and believed in me. And those votes of confidence launched me. I learned that everyone needs one mentor to



believe and validate, but the rest is up to the client. Memories? And then, one time, there was a keynote address Dr. Kravitz was supposed to do for [Mindy Mylrea](#) at one of her events. It was \*HIS\* keynote address, but after a few moments of his introductory remarks, somehow [Leslee Bender](#) [Keli Roberts](#) and I ended up onstage for the remainder of it. #howdidthathappen 🤔





# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 14 ·

today's #shoutoutseries gives gratitude to one of my temporary mentors, [Beth Synnott](#), introduced by [Thomas Snow](#), who altered the course of my life by doing what any great mentor does: instilling confidence in oneself to do the work necessary. (Short version: I said "I've been told I can't sing" and she said "Yes you can!"). Many of you know that my charity of choice for social good includes supporting the retired [Sisters of Saint Joseph of Philadelphia](#) who taught me years ago in gratitude. Over 50% of proceeds generated at [www.findlawrence.com](http://www.findlawrence.com) go to their 501c3 organization. When I wrote my book [#storiesofcolor](#) to generate funds to send to their physical therapy unit when they needed simple supplies like bands and chairs, I thought it would be innovative--and generate more funds for them-- to also record a vocal DVD of 12 songs matching each of the 12 short stories of [#storiesofcolor](#). The drawbacks to that idea included the facts that I didn't have a singing voice, didn't know how to find it, and certainly didn't know how to train it once I found it to produce something okay enough to make public and sell, even for charity. She I met with her for 2 years for vocal coaching sessions. We first recorded a CD with only 13 recipients when I turned 50, and that I called [#songsthatIchose](#) because I never chose those songs--they had been my favorites for 50 years. My copy remains in a sealed vault. Now with Beth I decided to choose the 12 songs I loved most, but also they had to be songs that complimented each of my short stories. Consequently [#songsthatIchose](#) been. Beth gave me clips, links, online notes, in person sessions in a rented studio in NYC where Broadway performers were all around me--lowering my self-confidence at how great "Broadway belters" they were, and self-confidence to continue to be able to record 12 songs for my CD to support my nuns. Although we spent our time on my vocal and breathing muscles, I learned skills that compliment my training of other clients, including refreshing takes on principles of endurance, specificity, and adaptation: to sing 12 songs and be--at best "passable," one needs to sing each of those 12 songs REPEATEDLY DAILY for 365 days before recording. Nobody could believe [#Biskit](#) was in the super sound-sensitive booth with me for recording every song, we pulled off a song I wrote, [Thomas](#) had the patience of saint for me, and even [Yury RockIt](#) made a cameo in "Taylor the [Starbucks](#) Boy" song. Being able to fly as a bird has been a dream, and probably won't be able to do that easily in my lifetime. Being able to sing--and record something of which I could be just at least comfortable enough with



selling for social good--was another dream that, without Beth, would not have been possible. In a way, Beth made me able to do BOTH of these dreams, cuz when I sing now I feel like I'm flying--especially with Tom at the piano catching up --or slowing down-- at all my nonsense. Beth taught me -most importantly- that singing is praying twice, so I'm not afraid to walk around, far more often than I used to, at least humming a great deal of prayers.



# #shoutoutseries

## findLawrence

Lawrence Biscontini

March 15 ·

today's #shoutoutseries connects us all with #socialconnection--not #socialdistancing, but instead some #physicaldistancing (which is a necessity) giving gratitude to all of my social media and [AWeber](#) mail list #vip supporters all of these years, with apologies to those I'll overlook UNintentionally...starting with [Julie Milner](#) on your BIRTHDAY today to say thank you, most simply, for just seeing me, back to days when we presented at [IDEA Health & Fitness Association](#) and you served on committees and presenter boards, and years later, to invite me to present and be

an #advisoryboardmember to [International Council on Active Aging](#) with [Colin Milner](#), you support me daily on social from any of your travels, including being the most avid one to care about my pet donkeys in #mykonos. I am grateful. To add to this #teamLawrence social support you seem to head up, I add to this #gratitude [Grace O'Malley Wallace](#) [Claire Coughlin Powell](#) [Zory Sepulveda](#) [Bernadette C. O'Brien](#) [Lisa K. Gibson](#) [Sangeeta Sharma](#) [Mukul Nagpaul](#) [Bobbie Adams](#) (we're praying for your corona results), [Teresa Estill](#), [Rocky Muir](#), [Yury RockIt](#), [Artemis Stella Skepathianou](#) [Mary Kalofolia](#) [Vicky Vasiliki](#) [Milagros C. Rivera](#) and [Anastasiya Joddy Kozina](#) and [Suzanne Hosley](#). To each of YOU who most strongly and publicly care, comment, and collaborate on my posts, I'm grateful. YOU sustain me socially, for without YOU I'd not even have anyone to imagine on the other end of each camera shoot. We are NOT socially distanced, just always practicing #physicaldistancing anyway. Thank you name above for always keeping my compass pointing north, and for forming my #perfectstorm of #socialsupport.



And to those of you who watch in silent shadows, I'm grateful to you as well, and to Facebook for giving me the two sure-fire ways to tabulate and view who's also there #behindthescenes as well. 🙄

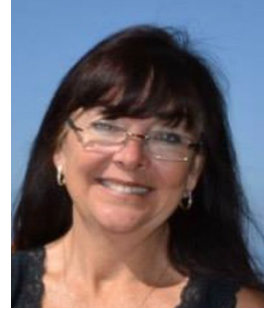


# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 16 ·

today's #shoutoutseries gives gratitude to [Stephanie Montgomery](#) of [Reebok](#) who accepted me into the best worldwide #fitfam of fitness at that time when that brand cared for education over shoes, and to [Kitty Callahan](#) who organized #reebokresolution parties and platform events for many years for us to spread our love. When [Lisa Wheeler](#) invited me to be a [Reebok](#) master trainer officially at the [New York Marriott Marquis](#) between floors 6 and 5 on the down escalator, my heart leaped, after years of begging, applying, pleading, and trying on my #visionboard. Kitty subsequently had me at her events, both with Reebok and beyond. She was faithful, ethical, generous, business-savvy, kind, and pointed (i.e., no time-wasting). I'll always be grateful to the women who showed me value, worth, ethics, and "best practices" in their fitness events. I only say "women" because I can't remember ever presenting at a major, multi-state or international event run, promoted, marketed, organized, and teamed by a male. Remind me if I'm wrong in my #sometimers (sometimes I remember things and sometimes I don't). When [Stephanie Montgomery](#) welcomed to the team, she altered the course of my life by seeing me. She taught me a lesson that--in this life--so many of us just want to be seen, not even always loved, accepted, lauded, or agreed with: but just seen. These two women Stephanie and [Kitty](#) created dream teams of powerful women like [Ginny Davis Miller](#) [Josie Gardiner](#) [Joy Prouty](#) [Robert Sherman](#) [Kathy Stevens](#) [Leigh Crews](#) and [Petra Kolber](#). Once when I had a preconvention yoga day of 9 hours and 102 fever from food poisoning, Kitty offered me to cancel and, when I didn't, came with teas, soups, support, and sympathy for the entire day, entering and exiting each hour on the hour--and when running an event and pulled in a zillion directions, that's a huge deal for the big cheese to do. And [Stephanie](#) had me over to her house, which no boss ever had done until then. I loved my time with them and will always cherish our #reebokride. Growing up, nobody wanted the chubby sissy kid on a team in grade school: being picked last-- and bullied for it--inspired my short story #greenchildren. That I would grow up and be allowed to play on the greatest education FITNESS team compiled in the world--that traveled the world--still gives me goosebumps and tears as I write this sentence (emotionally inspired, not virus-inspired). 😊



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--makes me truly grateful. #goodwitchnot a #badwitch.



# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 17 ·

today's #shoutoutseries gives gratitude to [Hernan Pineiro](#) who first taught me in college the meaning of having a #familyofchoice, who, together with [Mayra T. Pineiro](#) and others in the family like Abuelita, accepted me into their homes and hearts, with arañitas, air-conditioning, and espaguetis con pollo. You taught me how to take care of someone who falls ill, how to make pastelón if all you have are some bananas and an egg in the fridge, how to still be polite to someone when you are angry and completely disagree, and how to anticipate with joy a weekly tv show, like we did [Joan Rivers](#) and #thegoldengirls. Your laugh is contagious, and your zest for travel inspirational.



Thanks for being so instrumental and supportive in my craziness of dual Master's degrees, for supporting me personally and professionally, and for being at that graduation ceremony at [American Airlines](#).

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· #Cito



# #shoutoutseries

findLawrence

## Lawrence Biscontini

March 18 ·

today's #shoutoutseries gives gratitude to [Kathy Stevens](#) who for years at [Athletics and Fitness Association of America - AFAA](#) taught me--

like [Lauri Reimer](#) and [Nancy Gillette](#) and [Laura Gladwin](#) and [Mary Yoke](#)-- what it is to be a part of a team, to be an author, to be a contributing author, to stay RELEVANT, and to be a consultant to people and parties. She invited me to collaborate on projects both at #AFAA and beyond, and that was a huge honor for me. Even after those days, when launching her own events, she invited me to collaborate in ways with her, drawing on what she called my "talents." One day she called me when we were updating the group exercise certification live



practical exam and asked my thoughts on muscle categories, and I was elated for the rest of the year that \*THE KATHY STEVENS\* was calling me for \*MY\* thoughts. She dramatically altered the course of my life when she and I had this conversation one day: Me: "I love the cross you wear around your neck, and every time I see you, I see your cross" "Yes," she said, "I wear it always." And that simple--yet dramatic shift-- helped me gain my conviction that there's a huge difference between showing my own faith and proselytizing, for I had for years always thought in convention presenting that I had to hide anything that showed my Christianity. I of course continue to respect--and study and LEARN FROM--other religions, but not hide mine. When it was time to shoot my own stuff at #AFAA studios, the first name that came to mind was hers, for all those years she put me on camera, she was my choice to be on camera--not behind it-- for my first production there, and SHE SAID YES! That "Yo-Chi" course now lives at [afa.com](http://afa.com). And, with truth about what I read and believe, in crazy worldwide times, I conclude with this quote from the Old Testament Deuteronomy "Be strong and courageous. Do not be afraid or terrified, for the Lord your God goes with you; he will never leave you nor forsake you" (31:6).



# #shoutoutseries

## findLawrence

### Lawrence Biscontini

March 19 ·

today's #shoutoutseries gives gratitude to my first official education mentor ever, Susan L Fischer, back in [BucknellU](#). Her reputation preceded her. From glaring at me during our first class together to throwing chalk at my during our last class together years later, she told me to pursue a Master's Degree (and arranged it all with a single phone call), told me what my strengths and weakness were, taught me how to think and write critically based on research and literature, and did it all with the coldest wall around her that I questioned -- not only myself so much -- but also my choice of mentor. Within hours of my first class, she was on my phone arranging a meeting with Mom to tell her about my potential and future, far before any of us even thought of such things. She later asked me to be her Teacher's Assistant (TA), a paid position, and I got to both pick up and drop off papers at her house, and I thought that was a "big deal," especially when I found that she lived just around the corner from me. Because her guidance and suggestions were always correct, I achieved awards, recognition, success, and even graduated a semester early. Because of her I went on to study, write, teach, and think critically. On a personal reward note, we met up after graduation in places like Greece (pictured), England, France, Spain, Canada, and New York City. Watching her heart slowly melt into revealing what I was always convinced to be the perfect combination of ebulliently childlike and mature woman inside became as rewarding as all of my professional accolades back in school. Many touched my heart there at Bucknell as well, like [Marcia Hoffman](#), Maureen, Florence, Billy as well. Thanks to S.E.L.F., I began to think of myself as a serious student with potential to continue, and the 2 subsequent M.A.s didn't hurt. I've since dedicated books and articles to Susan and still muster up the courage to ask her "what do you really think" about something I've written. I'm eternally grateful to the Susan for pushing me beyond measure, and this is another salient point of the word mentor.





# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 20 ·

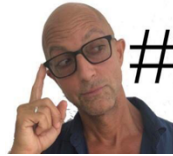
today's #shoutoutseries gives gratitude to Constance Towers Online [Actress Constance Towers](#) who years ago became my life

mentor, not fitness mentor, just by seeing me. I trust her thoughts, opinions, concerns, and decisions each and every time. She altered the course of my life by trusting me the moment she met me by giving me her telephone number then and there -- our first meeting was in the line for communion at [Church of the Good Shepherd](#) at noonday mass, and [Maureen](#) was there, too. After years of using that number for faxes back and forth, we upgraded to email. I've always said it's important to have two mentors, one



WITHIN and one OUTSIDE of one's work. Connie in a way has been both. Although she has been quite the evil woman on #soapoperas daytime tv on [General Hospital](#) after her years on Capitol and others, and a loving woman for [Hallmark](#) specials, and [Gwyneth Paltrow's](#) patient Mom in A Perfect Murder, I first met her as Anna in [The King and I](#) with Yul Brynner on my first Broadway musical in NYC in the 70s and 80s, and got the cassette tape of its soundtrack. For years thereafter playing her songs like "Getting to Know You" and "Hello Young Lovers," I never thought that I'd come to count on her as one of my closest friends on #teamLawrence. One of my most grateful shoutouts to her comes from her support through hurricanes, earthquakes, marriages, deaths, studio dates, classes (with [Maria](#) in tow!-- to lead to another lifelong deep friendship) and personal life tragedies and setbacks. At my darkest times, she reached out and told me what to do at a time when I needed to be told. She gave me my first--and best ever-- full body fitness pose position for every single photo I've ever done by any photographer, from Milazzo to Themis Iakovakis and [Leanne Vorrias](#) (see below). By example, not word, she has taught me about etiquette, eloquence, and empowerment, both with myself and with others. That we would collaborate for work and for charity would become one of my most proud moments on my Victory board, from [International SPA Association](#) general assembly and lectures to [IDEA Health & Fitness Association](#) morning workouts-- back when they still wonderfully philanthropically arranged classes to raise money for a cause each year. Sure, the moments are fun when we're out for lunch with [Manuel](#) and [Bernadette C.](#) and [Maria Gavin](#) at [Spago Beverly Hills](#) and [Wolfgang Puck](#) himself comes to sit down with us to catch up with Connie, but her lasting #lessonslearned go deep. So many people have a go-to person for "what would \_\_\_ do," and I insert the name "Connie" in this blank, for I have been fortunate and blessed to be able to call both "friend" and "mentor" someone so completely and vibrantly colored with the fingerprints of God, inside and out.





# #shoutoutseries

## findLawrence

[Lawrence Biscontini](#)

March 21 ·

today's #shoutoutseries gives gratitude to [Kathleen Mary](#), my first friend on this planet. How many of us can say we are still BEST friends with our FIRST friend? We were neighbors and our parents were friends. I consummately value those outside of my fitness industry who teach me about BOTH my life and about my industry (especially because you are NOT in it), and those are rare. Kathy teaches me the value of service in relating to customers, of complete value reversals after a certain age, of Edith Piaf, of following up every single in-person meet up with a gratitude text, of untapped hysterical skills of writing short travel narrative, of comparing and contrasting service stories, of the value of going to the [John Hardy](#) Ubud workshop itself (and picking up the bauble to feel how heavy it is), of questioning everything relating to ingredients and artists, unconditional acceptance (especially when --with her ebullient and intellectual personality-- it's SO easy), of upgrading my vocabulary to my "conference call wheelhouse," and to noticing everything when eating out, from the most apparently innocuous of diners to the [The Butcher's Daughter](#). I gratefully thank her for being my litmus paper in society for many, many things, and my canary-in-the-coal mine for calling both beauty and bullshit-- when only she will understand the levels and levels to that metaphor. To the only girl I've offer offered a wedding ring to (made out of a wire bread wrapper, to be sure), you are always #mybestgirl.



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This song is for you:

<https://www.youtube.com/watch?v=sRkHoGYng90>



# #shoutoutseries

## findLawrence

[Lawrence Biscontini](#)

March 22 ·

today's #shoutoutseries gives gratitude to [Mary Kalofolia](#) in Athens who has inspired me in countless ways, but I shall try here to enumerate some of them. She has taught me how to make time stop when someone is speaking by looking into their eyes and making them feel like they're the most important thing at that moment, which they are. She has taught me the true class and etiquette (that Americans don't really learn about) of the art of making a joyful entrance and a gracious (full of gratitude) exit. She has taught me that Greeks 🇬🇷 -- like Italians 🇮🇹-- can explode their disagreeing thoughts and then find peace immediately thereafter (cf.d to keeping our true thoughts inside, or saying "i agree" on our face when deep inside we actually think the opposite). She has taught me the value of service, what many call "customer service", because we really are each other's customers always volunteering what more she can do--always without being asked, and I consequently dedicated my service book "Running the Show" to her. She taught me about pride in one's country and culture when having foreigners visit, so I explain tourist's visits to NYC much differently now that Mary is in my life because of how she explains to me her country where true democracy began. She is the only member of #teamLawrence having dined with each of my relationships of my 55 years. Mary altered the course of my life telling me the disgusting truth that we all enter this world alone and leave alone, so our family of choice we can try to keep close, but will still have very alone moments. She taught me that you don't care at ALL what others say when you are having fun, spreading joy, and 😂 -- as long as you are ethical, legal, and not hurting anyone at all, whether walking through a dining room of 1000 special guests dressed up as your own make-believe "Miss Mediterranean" or blessing everyone as a nun playing afternoon Bingo just to spread smiles. Rarely do people believe that there have been times in my life where I found myself without food or ability to make some, and Mary- like [Irene](#) - has been one of those people to feed me. When someone feeds someone hungry, someone puts wings on a soul. Mary--for her personality, joy, class and style, has put wings on my soul many, many times in my life. Mary is the one I call when I have a secret, when I have a need, and when I need to vent about life. Mary shows her love through food 🍷, and nobody--nobody on the planet, can touch her caviar dip (taramasalata, with whole wheat bread for me) or her husband's Naxos potatoes fried in olive oil. That she's the ONLY one who has been able to make me uncontrollably laugh in public and



seriously loosen my pelvic floor to floodgates right then and there, deserves mention. (Plus, anyone who can show up when you're sick with plastic cleaning gloves and a brush and go at cleaning your toilets 🧻 on her knees with higher standards than even YOU have just has to have a place in heaven for that alone). EVERYONE who knows her, including those she managed at [Xerox](#) for over 30 years in Greece, will attest to the fact that she is the DEFINITION of "joy" in any language.

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Honorable Memory Mention: taking in her manual [Mercedes-Benz](#) car up the steep [Superparadise](#) hill [Noel Kimbeley Bernadette C.](#) and [Yury](#) ... proving, once again, that [#automaticcar](#) is the way to go



# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 23 ·

today's #shoutoutseries gives gratitude to [Aprile Peishel](#) and [Dana Greco](#)... Aprile accepted my first application to present at [IDEA Health & Fitness Association](#) back in the last century, and Dana pushed my application after application year after year to [Sara Kooperman](#) for [SCW Fitness Education](#) as an "international" applicant, until, after much persistence, it found success. I'm grateful to these women who gave me a heave-up onstage to present at these prestigious events because--as I tell those I mentor--someone wonderful may open the door for you but you better be

COMPELLING and AWESOME when given the chance or you'll be a one-off and forgotten cuz there are many behind you who want a chance to shine. Subsequently, others gave me chances too like [Janice Jaicks](#) and [Lori Pine](#) and [Mindy Mylrea](#)/[Mindy Mylrea](#) at your other events in the USA, and I'll be forever grateful to you for the chances and opportunities you've given me. Aprile taught me about being relevant to everyone in the room, about having font size on slides big enough to charm even the last person to enter your room standing in the far back trying to decipher your slides, and about programming unique things for events. She told me after my first #ideafit Sunday morning 7AM slot (where first timers usually got to present) that I was the best first-timer she'd ever seen (though I'm sure it was in no small part thanks to Jeffrey Howard personally for hanging all those Chinese lanterns around the ballroom, lighting all those candles before the fire department came, and glue-gunning all those bags of green tea we gave out to each participant, each with its own candle). When Aprile asked me to co-present a session thereafter with her at their #IDEAfit Chicago event, I took that as an honor. Dana taught me the power of persistence, of being able to shoot 5 90-minute videos in ONE day if you're prepared like a machine, and about doing things in life to keep the light of your own internal candle pure and burning strong, about imagining one real person you're teaching to when you are shooting for camera instead of making vague cues, and saying "I'm with you on dat" when she agreed. I'm grateful to you both of you influential women in my life.



Aprile Dana

(My #IDEAfamily and [Dawn Norman](#) and [Marsha Watson](#) and [Dana Hillstrom](#) and [Joy Keller](#) and [Sandy Todd Webster](#) and Matt and Marco and I have some great memories!)

(My #scwmania family and I with Dana have some great memories with [Claudio](#) and [Denise Zeigler](#) and [Richie](#) and [Cheryl](#) and [Pat Skeate](#) and [Tammy](#))



## #shoutoutseries findLawrence

[Lawrence Biscontin](#)

March 24 ·

today's #shoutoutseries gives gratitude to [Salachas Joseph](#) of [Salachas Mykonos](#) who altered the course of my life by meeting me for a private T'ai Chi lesson, which turned into an adventure involving your 2 year smoking cessation, 30 kilo fat loss, booking me for each member of your family including Diony, [Rania Salaha](#) [Catherine Hill](#), meeting [Melina Patakiouta](#) and her son, your parents, your relatives like [Nikolas Salachas](#) and [Eleni Vidali](#) and [Dimitris Salahas](#) [Dimitris Xenarios](#) [Fabrikas](#) and the gang, and more. You have taught me that sometimes a male deserves the title of "Prince" in both how he treats other males and females, and how he treats friends. I've known you as both client who became a best friend, and those are few. In the role of client you were \*\*\*ideal\*\*\* in terms of honesty, dependability, achieving your realistic goals with me and without me (with the help of [Georgia Kalantzi](#)'s food 'xoris ladi'), your own determination, perseverance, and strictness which most people lose after a week. In the role of best friend you were \*\*\*ideal\*\*\* in going out of your way to get me really hard-to-find things in Mykonos like the police mirror for my driveway, like real tsipouro from your father, like liver pate and French [Moët & Chandon](#) for my birthday, like the opportunity to stay WARM on the windy October sea in your boat when spending FOUR hours to get a SINGLE calamari (but, of course, mine was the most tasty vis-à-vis the TWO DOZEN you caught), like finding me an electrician and plumber-- and translating for them-- when I lost power for 3 days from downed lines and broken pipes, like starting my motorcycle at 2am by the windmills in the wind--with a SMILE-- to help a friend when that was really really difficult, like saving some of your Mom's patsitsio when there's never any left, like the rucksack gift of brown suede when it's a single-made only-one-in-Greece shoulder bag, like custom Greek-cotton made clothing, and like local wild asparagus during our winter countryside walks. Living on an island in a country that's not mine speaking a language that's not mine could have been far, far more challenging to set up a beach cottage if it hadn't been for God sending you to me. Yes, you achieved your goals and I got lots of other important clients in Mykonos when your physical transformation was so dramatic, but I am the one who receives so much more love by your friendship in learning how the BEST friends are friends, NOT when it's easy, but when it's DIFFICULT. And we STILL have to do our T'ai Chi 24 Form in front of [Raya Mykonos](#) and [Niko's Taverna](#)... as you're the ONLY student who's learned this complete ancient Chinese secret form forwards and backwards.





# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 25 ·

today's #shoutoutseries gives gratitude to [Carol Scott](#) of #ECA.. back when [Gary Scott](#) and she gave me lots of playgrounds for growth, organized and run by [Susan Kasper](#) and [Lilli Koppelman](#) expertly each year. By hosting the " [Barneys New York](#) of fitness" - as she called it so many times- of convention events, she created a yearly boutique event in perhaps the greatest city on earth where the most amount of international presenters had a paid platform in the USA to showcase their talents... remember all the greats they had?... [Marcus](#)

[Irwin](#) [Rebecca Small](#) and their colleagues. Carol taught me that every "no" today can be a "yes" waiting to happen tomorrow, that boutique fitness is personality-driven and not industry driven, that my #bucketofcrazy quirkiness should be celebrated--not tolerated, that a club shows its value on each instructor based on its per-head investment

on their class rate (read: if an instructor makes \$40USD per a class of 50 people, that club values each participant at EIGHTY CENTS for that class experience because 40 dollars divided by 50 people yields .80 cents per person, and, similarly, if a club values more to have ONE client running alone on a 10\$thousand dollar treadmill but pay an instructor packing \*\*\*\*\*50\*\*\*\*\* people in a class only \$40USD, where are their values for building community), that you can have one big badass beach party in Miami's conventions when you put divas on stage who are incredible at what they do that make us proud to call us movement coaches, like the [Calvin Wiley](#) and [Petra Kolber](#) of the world, that falling in love instantly with [Patricia Moreno](#) was possible for men, too, that value is not worth, and that, sometimes, you gotta throw a party for everyone to have fun in fitness, right on Broadway! Thank you Carol for giving me my first ever #lifetimeachievement award at a time when Len Kravitz looked at me and said "welcome to the team," and quickly followed with "this means you're now getting more chronologically enriched, too."





# #shoutoutseries

## findLawrence

[Lawrence Biscontini](#)

March 26 ·

today's #shoutoutseries gives gratitude to [Manuel Velazquez](#) who changed my life just by being in it: he is the male counterpart to [Mary Kalofolia](#)'S dictionary definition HAPPINESS when entering a room and lighting up everything in it....everyone wants him to join when he enters a party because he brings panache, style, exuberance, joy&jubilation when in a room. [Manuel](#) changed my life when he agreed to work for us



at #goldendoorspa in Puerto Rico when we opened that facility with [Rita Maldonado](#) [Lucila Fit](#) [Charles Henry](#)

[Castle Jeffrey](#) [Howard Lara Davidson](#) and others, and his class experiences helped gain us [CNN](#) top 10 recognition. Manuel taught me the importance of spending money on clothes, having a "color" (happy orange is his, and I chose brown for way too long--big mistake, for who really needs to dress in the color of one's intestinal floral excrement), of always being one to say yes to ideas and projects when needed at the end of the day, to the power of day-napping (#bringyourownpillowtothecloset), and -regardless what kind of day you're having personally- turning on your fitness personality to BRIGHT from moments before you press PLAY and delivering a WOW experience leaving everyone hungry for MORE of you, not less. He is always such a giving person of his energy that those closest to him always ask what he is GETTING from this world, and that's for each considering himself or herself a friend to ask: what am I giving TO Manuel? He asks for neither help nor energy, yet always always always gives these very necessities to others. He is the definition of care-giver long before the world needed care-givers on a daily basis. I don't know where or how, but that he can show up with a chilled bottle of prosecco in times where there is none to be found or legal to be served attests to his great power to deliver when he sets his mind to it. As a choreographer, mover, and thinker, his work remains unmatched. As a significant other, I'm sure [James Clausen](#) has no complaints and learns new ways to conjugate the verb "to love" each day. As collaborator, he has NO ego (even when I tell him he has a right) and consequently is a lead #rainingmen celebrity seen at events around the world (whose idea was that in the first place, anyway?) As a professional smart enough to learn "This body doesn't dance anymore unless it's getting paid" and then make exceptions to STOPPING the dance floors of [Celebrity Cruises](#) in the middle of the Mediterranean at midnight Latin hour. As a friend in need, Manuel is always present: I call on him for being an ear, a heart, and all on-camera work in English and Spanish, and proud that he's been here from the start of our 20 year anniversary of #fg2000. That each year more and more get to know his work

like [SCW Fitness Education](#) and [Janice Jaicks](#) and Carol Scott and [Maureen](#) and [Sara](#) and [IDEA Health & Fitness Association](#) and [Asia Fitness Conference](#) and [Suzanne](#) and [Canadian Fitness Professionals Inc. \(canfitpro\)](#) becomes rewarding to me because he's BILATERALLY brilliant. A [#shoutoutseries](#) would be incomplete without mention of a Manuel for being such a constant part of both [#teamLawrence](#) and [#txt13](#) for many, many years. Manuel offers to us much each day, and I suggest-- especially as he's stuck in Mexico at a closed [Rancho La Puerta](#)--let's all be sure to offer ourselves to [#teamManuel](#) as well.





#shoutoutseries  
findLawrence

Lawrence Biscontini

March 27



# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 28 ·

today's [#shoutoutseries](#) gives gratitude to [Maureen Hagan](#) who for many years at [Canadian Fitness Professionals Inc. \(canfitpro\)](#) -at different times over decades-has invited me to present sessions, open, keynote, and close. She has changed the course of my life by seeing me and giving me platforms to grow in various ways. That her team has been years with her works as a great meter for her character, as Shakespeare said about 'show me your company and I'll show you who you are'. I've seen her on-camera and behind-the-scenes with projects on set in California with [Mindy Mylrea](#) shooting stuff for [#gliding](#), and I've never seen someone more calm. When people say my skin looks great, I always refer them to Mo. Mo has taught me about being versatile in fitness by example (land, water, lecture, move shod and barefoot, collaborative with physical therapy), and be being a leader and not follower, leading initiatives like uniting successful, strong women across the planet, like the visions of [Suzanne Hosley](#) Carol Scott [Kathie Davis](#) [Janice Jaicks](#) and [Sara Kooperman](#) and their vision with fitness and wellness events. Mo has vision and success, which don't always coexist. I'm grateful to her work overall, from her titles like best-selling author and [IHRSA](#) woman of the year in 2016 to, quite simply, a colleague and friend. Introducing her first session in Asia at [Asia Fitness Conference](#) was an honor. Mo may have wings to fly, but she mentors so many people around her that she gives them the tools they need to fly also alongside, one feather at a time.





# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 29 ·

today's #shoutoutseries gives gratitude to my [Sisters of Saint Joseph of Philadelphia](#) who are all okay in their Villa Mother House --although quarantined.... I've been checking in with them and their directors daily, many of whom cannot enter or leave the #Villa because of being such a high-risk population. Thank you to Sister Genevieve Marie Berne (deceased) who taught me how to dance the Irish jig and play cards to have FUN and NOT to win. First of all, a religious SISTER is what we think of as a public, teaching, praying woman as in Sister Act (movies weren't called "nun act" for a reason), and a NUN is a cloistered woman withdrawn from the public. Collectively they taught me to sing, pray, sit and just BE. My shoutouts of gratitude go to:



To Sister Thomas Dorothy for letting me direct the school choir for nearly 8 years, to Sister Loreta Dolores Scribbick who taught me how to write poetry, sing, and memorize lyrics which I use with #activeaging so much today.

To Sister Helen Steinmetz for teaching me about social studies and basketball (🤔), to Sister Agnes Leona for teaching me the value of numbers, of riddles, and respect when speaking in public.

To Sister Ruth Eisenhower (deceased) for being the only one who has ever sent me to the principal's office ever (what a story) making one of my 10 memories of 55 years thus far. To Sister Charles Theresa (deceased) who taught me about narcolepsy, about being SENT to the principal's office (she was the principal who did a double take the day she found me outside of her office being sent there), about having LOTS of fun in Puerto Rico riding horses and gambling at the casinos with the sign of the cross between the bar pull-down and waiting for the numbers and symbols to register across the screen. Most importantly, she taught me that when you "see the child, you know immediately the parents," and I found that true today even with people and their dogs as I often say in public to misbehaving dogs "see the dog, know its owner."

To Sister Barbara Worley who gave us countless moments of joyous laughter.

To [Elizabeth Ferguson](#) who helped organize ALL of this garden for me to grow our seeds of love to bring the fruits of your [findlawrence.com](#) purchases, talents, and social network in the Eastern USA going teaching classes like [Valerie C Grant](#) and more. I'm grateful to you. Come back to [#VillaTherenzo](#) anytime!

Today Catholic priests enjoy horrible press for horrible deeds. But nobody ever thanks the Sisters for their work. True, there are many who shudder when I mention the “nuns” because they remember their own horrible stories of discipline, clickers, and bell-ringing which, just possibly, could have been justified. I, on the other hand, can reveal for the FIRST time in public that the Sisters smartly shielded me from bullying. When they realized I’d never adapt the “fight back” mentality, they covertly all stepped in to shield me. Some found me in the schoolyard getting a attacked and yelled “Lawrence stop that and come into my office immediately” which let the children jeer “oh now you’re REALLY in for it,” and then in their office or living room we just sat around and drank tea in safety away from the maddening crowd. Some gave me work to do during public areas time like recess and lunch to keep me out of the line of uncontrollable fire. Some simply reminded me to hold on until our weekend get together where Mom made Italian lunches for 15 and I then entertained with magic shows, including my 12 pigeons, 2 white rabbits, 1 poodle. When it was time to move on from Catholic school forward, I realized that the Sisters really gave me my tools for survival, including compassion. Now that a virus is universal, which means “catholic” in Latin, I realize more our similarities than our differences. Because the Sisters are a religious offiliation, they get no money from the government, yet so many think they’re provided for. They take in men, women, and retired Sisters, and feed the homeless and hungry along the East of the USA with their community outreach programming. I never chose this charity for my social good because, quite the contrary, the fact is that these women-- who banned together to show me so much love --chose me. Shirts purchased at [Peace Love World](#). Physical Therapy equipment purchased at [Power Systems](#) [The Sisters of Saint Joseph Welcome Center](#)



# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 30 ·

today's #shoutoutseries gives gratitude to Doctor Jorge Delgado of [Clínica Veterinaria Del Este Fajardo](#) managed by world-renowned artist [Milagros C. Rivera](#) of the [Paper Boutique Scrapbooking Studio](#) who make a wonderful team, just celebrating their 25 anniversary of marriage, I have loved watching their labors of love. They have taught me that it's possible for a married couple to EACH be on #teamLawrence AND #teamBiskit, and it's possible to have light a candle anytime "ALGO MUY MAL HA PASADO" to bring love, light, and litany to a place, that with the right caring Vet almost ANYTHING is possible with #Biskit (except of course for Japan, Indonesia, Hawaii and just a few places), that a truly caring doctor makes himself available with a cellphone out of care, not on a \$1000 a month concierge service plan, and that you can ALWAYS be friend even when it's difficult. I thank them for looking out for me when we had hurricanes, earthquakes, and a virus pandemic even when having to sort out their own animals and parents scattered all over the island. When it was really, really difficult, Dr. Jorge brought me food from the grocery stores at a time when it's hard to get to the grocery stores, and they always check up on me. Mily has made personal and group artist cards and creations for those nearest and dearest to me, and Dr. Jorge and Mily have been with me on several islands... and never does Biskit take for granted that one of his favorite people on the planet--despite the fact that Jorge who routinely gets to stick a thermometer up his bottom--travels the world with him, from #ManhattantoMykonos. Traveling with one's own Vet, #howCHICisthat?.



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#NOMoreCapri



## #shoutoutseries findLawrence

[Lawrence Biscontini](#)

March 31 ·

today's #shoutoutseries gives gratitude to [Irene A. Almario](#), of Manila, Philippines, the first "irene" in my life from the last century and best friend over several decades... we met with [Jeffrey Howard](#) when I was volunteering in the Philippines for an association there called the AFPP with the wonderful likes of [Tina Juan](#) and [Sonny Orallo](#) and [Lita C. Quisumbing](#) and [Earl Jimenez](#) [Ma Elena Ronolo](#) and so many others who took care of me. Irene was in charge of the money, of "fetching" me at my hotels, and soon learned that sessions went MUCH better with a [The Coffee Bean & Tea Leaf Philippines](#) stop first. Our energies became symbiotic from the start, and she had the patience of a saint to deal with this #bucketofcrazy. As a certified [Athletics and Fitness Association of America - AFAA](#) and [American Council on Exercise - ACE](#) and [SCW Fitness Education](#) instructor on many levels, she's an accomplished #flamenco dancer, to boot. Worthy of mention is her prestigious family name, sweet kids of [Isa Almario](#) [A.J. Atayde](#) [Almario](#) and [Ramon](#) and [Pilar Almario](#), devoted staff of years (which always speaks to one's character), busy program of social good at [Alumnas de Poveda](#) and beyond, managing to cope with huge stars in the family like [Juan Carlos Campo Atayde](#), multi-tasking an extensive family empire over 3 working generations, and polyglot abilities. Irene gets my heart because, quite simply, she gets me. To Irene I'm grateful for her memory: although we meet up on a different continent only once per year, her mind's ability to pull the last details of conversations, including mi·nu·ti·ae likes and dislikes, astounds me. Her gifts NEVER go into the regifting drawer but end up being something of which I need to have 100, for if she can't find something I need, she'll have it made back in the Philippines and then bring or send it. We have danced, taught, drunk, cruised, prayed, pilgrimaged, laughed and cried on several continents, and there was that one time we ended up in the newspaper society page cover the next morning with #Biskit and @JM [Rodriguez](#)'s bar looking like we actually had been consuming alcohol, something that hadn't happened to me in that country since dancing at Silahis with Katrina Panlilio decades ago. Staying VERY close with someone on the EXACT opposite side of the globe at exactly 12 hours difference the entire year can be a challenge, but with Irene we pick up whenever and however we pick up--and carry on with our hearts and stories... when we met we had FAXES and now we have [Zoom](#). Irene has taught me how to be a friend, and that is something we don't really spend time giving ourselves #continuingeducation in on a regular basis like our certifications. She



unknowingly makes me step up, and that's one of her hidden superpowers. Secret talent: telling jokes, riddles, and bedtime stories that carry on far after 20 minutes, like [#rubadubdub](#), and the [#turtleandthemonkey](#)-- and she knows, she claims, every word until the end (ALAS, I always fall asleep after the monkey climbs the tree). 🌴

When I began this series on the first day of [#Lent](#), I had NO idea how much MORE meaningful these paragraphs would come to mean to each of you that I CANNOT pick up a plane and go see these days. It pains me we can't be together now, but we always got [Voxer](#)!



# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

April 1 ·

today's #shoutoutseries gives gratitude to [Petra Kolber](#) of [Reebok](#) and [TED](#) talks and [IDEA Health & Fitness Association](#) Instructor of the Year and more. Petra altered the course of my life one day in a step class in NYC when we spoke over [Teuscher Chocolates of Switzerland](#) champagne truffles about presenting, getting into conventions, and applying to become an [American Council on Exercise - ACE](#) and [Athletics and Fitness Association of America - AFAA](#) provider. Without batting an eye, she agreed to write a necessary letter of recommendation for me to become a provider which was a HUGE necessary item back then in the last century because there were not that many fitness professionals with independent workshops traveling the world offering credits to keep people certified. She stayed in touch with me henceforth, and I got my Providership status form those organizations and went on to seek the same from [Aquatic Exercise Association](#) [National Academy of Sports Medicine \(NASM\)](#) and a few others. Fast forward years ahead to my first [Reebok](#) convention for [Stephanie Montgomery](#) and [Kitty Callahan](#), she boosted my confidence (get ready for her new workshop online coaching session on [#confidencecatalyst](#) I'll be getting as well!) with accolades telling me that I did [Leigh Crews](#) proud with a creative version of [#finalcuts](#). Then she and [Lisa Wheeler](#) at [#ECA](#) with Carol Scott told me at a presenter party that I elevated T'ai Chi to a new dimension to presenting by teaching that ancient Chinese secret with powerpoint slides and glowsticks at a time years before this became a norm, naming my session "Techno T'ai Chi," and it stuck, whilst simultaneously boosting my confidence again. Fast forward years ahead, I found myself presenting a T'ai Chi session between [Mindy Mylrea](#) / [Mindy Mylrea](#) on one side and Petra Miss [#perfectiondetox](#) on the other. I was so nervous just because of that alone. After the session, Petra DRAMATICALLY changed my life --for the second time-- with a five-word sentence which sent me back to my room and re-negotiate my business life moving forward. Ever since, these are the words that every graduate hears on the last day of [#findLawrencefitCamp](#) to help pay forward the incredibly wise piece of wisdom this angel gave me. And fast forward to her asking me as a guest in her podcast— from when I was nobody to a guest— wow! <https://podcasts.apple.com/.../your-yes-life-now/id1189574188...> Now as DJ, public speaker, motivational therapist, [Apple TV](#) podcast personality and happiness positive psychology expert, Petra continues to be [#onetowatch](#). Sure, you can call her sought-after speaker, writer, motivator, DJ, and expert, but I'm happiest to call her "friend."







## #shoutoutseries findLawrence

[Lawrence Biscontini](#)

April 2 ·

today's #shoutoutseries gives gratitude to a power couple and fitness icons [Douglas Brooks](#) and [Candice Copeland Brooks](#) who changed my life the day they invited me into the [BOSU](#) family with so many industry established professionals from both the USA and Canada and abroad. They WERE the way in fitness for so long, defining EXCELLENCE, and then soon thereafter PAVED the way for so many others. I'm grateful that they saw something in me to add to their team, but I'll always know that bringing [Bernadette C. O'Brien](#) --who was around 78 at the time-- was a real draw to our launch of #activeaging. [David Weck](#) was a huge supporter, and the fact that he supported our initiative to get people over 50 on our #BOSU gave us additional confidence and support. We all stood and watched OPEN-MOUTHED the day he got #SuperBetty there with [Pam Benchley](#) and others to JUMP ROPE on a balance trainer. 🎉 Being a part of our #BOSU family with other master trainers under [Shannon Petree Fable](#) taught me lessons about teams and trainings, and opened my eyes to so much #behindthescenes workings of a company that puts forth valid education with a product. So many came from [Reebok](#) University, so nothing surprised me in the high quality we put out. When we authored a module of active aging, so many eyebrows in the industry went up in disbelief and criticism, yet--had anyone really read our book and watched our 2.5 hour DVD--we never put active agers STANDING on the BOSU until a huge progression after all the regressions and preparations of sitting, kneeling, laying, and just touching our #BOSUbalancetrainer. As in all things, Douglas and Candice led our pack with vision and integrity: vision to fill needs and anticipate future ones, and integrity to make everyone in a group feel important. They came up with little things to do for us that made us really feel like family. And then even more lessons came with something called [Gatorade](#) and athletes and testing centers (🤔) and more. From [IDEA Health & Fitness Association](#) days when I was a struggling, clumsy student struggling in the back row to days when I did hand-written home-studies for [American Council on Exercise - ACE](#) for credits that Candice personally approved that I needed, I fell in love with them as honest, caring, Christian professionals. That Douglas dedicated his Effective Strength Training Bible guide to Jesus (an industry bible used around the world) taught me, like [Kathy Stevens](#), that it's okay not to hide faith in a world of so many people who may not have faith. Douglas and Candice saw me, welcomed me, and one day



changed my life by inviting me to join their team, which, in our fitness industry, is about the most rewarding feeling (plus PRESSURE) we have so far, and I'm grateful for my [#lessonslearnedthere](#).

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.and— Candice makes holiday toffee by hand at altitude!



# #shoutoutseries findLawrence

[Lawrence Biscontini](#)

April 3 ·

today's #shoutoutseries gives gratitude to Doctor [Suzanne Hosley](#) who invented one small day-- with her late husband Cameron--the huge vision empire that's known today as [AsiaFitness](#)

[Convention](#) and [Asia Fitness Conference](#). Like other female visionaries forming entire conventions like [Kathie Davis](#) and Carol Scott and [Mo Hagan](#) of [Canadian Fitness Professionals Inc. \(canfitpro\)](#) and [Sara Kooperman](#) of [SCW Fitness Education](#), I could say that [Suzanne](#) began the largest multi-cultural entire fitness party for half of the planet each October with more languages at a single fitness event than any other #unitednationsoffintess. I could reveal that Suzanne's the one responsible for importing [American Council on Exercise - ACE](#) and other major international #NCCA approved certifications, standards & guidelines to Asia. I could explain that she has always chosen a charity to support each convention year where delegates always contribute to an at-home Thailand-based social good outreach recipient. I could instead show how she has always taken time each day to study the language and culture of the Thai people she has come to call home. I could note how she has formed a team of such dedicated staff including [Ohm Piang Annechien de Groot](#) [Tonia Jensen](#) [Atikarn GaineyWeereeya Tepsarn](#) and more that they all continue to offer to work during such tumultuous days of worldwide #retreat, just because of her leadership. I could vouch that she's one of the #womenwhoinfluence who is really, really fun to work for, bringing her "what do YOU think" question to each topic-on-the-table, which isn't very common in our industry. I could explain that behind-the-scenes she values her delegates first, then her presenters, and then her venue, in that order, always putting people over platforms. I could tell that Suzanne of [FIT Thailand](#) realizes that the most important things in life aren't things, although her vision has spread to [FiT SingaporeFitness Innovations Manila](#) and even more countries in Asia. I could also explain that never has she passed a homeless street cat without giving the rescue a wonderful home for the rest of its life. However, I won't detail ANY of those things because I'll just say that [Suzanne Hosley](#) is my friend, and that she sees, believes, empowers, employs and trusts me --even consults me for things --fills me with heaps of gratitude.





## #shoutoutseries findLawrence

[Lawrence Biscontini](#)

April 4 ·

today's #shoutoutseries gives gratitude to [Lara Davidson](#) who was my first spa director at the [Golden Door](#) in Puerto Rico, the first of its kind outside of the USA. She created a position just for me that became my home for 11 years, hired me to hire a staff, and trusted me to run a department, and, unknowingly thereafter- gave me a future career as spa consultant. I'm forever grateful that my first spa director taught me how to run a spa team, how to envision that the mentality of a spa team starts at the top and filters down, and how to bring a spa mentality to a Caribbean culture that hadn't known "spa" at the time. She went on to teach me about how to use meeting time wisely, how to team-build outside of a spa, how to look at our world outside as an extension of the tranquility and non-violence of a spa, and how to include details like music in even the most remote aspects of a spa. "Solus per aqua" we all were the starting words for SPA, but she taught us on our very first meeting that her concept was to think of our sanctuary as "Spa," "Palace," and "Abode," a concept I took with me to every spa consulting positing thereafter like [Canyon Ranch](#) and [Rancho La Puerta](#). On our #ispainterviews series for [International SPA Association](#) and [Ispa Staff](#), I draw on her philosophy in every interview at every spa property (catch those interviews here: <http://bit.ly/findLawrencedoesISPAinterviews>). Those of us pioneers on her initial team, "los pioneros" grew to love her and appreciate her more after her departure, as always happens. [Keyla Tarabochie](#) [Marisol Deres Ramirez](#) and [Rita Maldonado](#) and [Manuel Velazquez](#) and [Lucila Fit](#) and [Charles Henry Castle](#) and [Richard Trinidad](#) and [Mindy Cohen Western](#) and [Jeffrey Howard](#) and others all looked forward to a day when our spa director [Lara Davidson](#) was in house, and how [Pebble Beach Resorts](#) enjoys her talents. She was one of the FEW spa directors who really ever "got" that spa fitness is PRESS-generating, not REVENUE-generating, and gave us license to do programming like "Mind-Body Triathlons" on our private island, and "Backstage Broadway" with NYC performers, leading us to take the [Condé Nast Traveler](#) Spa review many years back as NUMBER ONE IN THE WORLD FOR CLASS EXPERIENCES. From cardio to cloud-counting, we offered innovative programming before a time when spas were thinking outside of their own box, leaving spa fitness as the black sheep of the spa that --in many places today-- it continues to be when run by spa directors lacking Lara's vision of the big picture of which departments ATTRACT and which departments GENERATE. She gave me permission to invite to guest-teach [Gay Gasper](#) [Robert](#)



[Sherman](#) [Mindy Mylrea](#), [Bruce Mylrea](#) [Tracy Jai Edwards](#) [Dennis Johnston](#) [Rob Glick](#) [June Kahn](#) and more. I'm also grateful to her for giving us the authority to generate our own Movement Menu of Experiences (what others today still call "aerobics class schedule" -ugh) based on what we have in Puerto Rico, and not based on what GD corporate somewhere in mainland USA told us to do. I'm grateful to have begun my spa career with such a fair, ethical, super even-keel, and open-minded person who shaped my career [#forthebetter](#).



# #shoutoutseries

## findLawrence

[Lawrence Biscontini](#)

April 5 ·

today's #shoutoutseries gives gratitude to #RV who altered the course of my life when we met on a street corner, in NYC, just outside of my building. As he was walking his YoShi Pomeranian, we became instant friends. Just barely five feet tall, Roberto's heart is far greater than some people who stand double his height. #RV is the reason I survived in NYC and didn't become one of those people that the city can spit out and back to where we came from, and the reason I was able to adopt the precise mental focus I needed to #findBiskit. Roberto singlehandedly talked me off the ledge during personal trying times from Turkey, Greece, Thailand, Hong Kong, and Miami, all with what



seemed like huge crisis at the time. One of the VERY few angels in #teamLawrence not on FB, Roberto inspires me because of his #teachonlylove mentality from [A Course In Miracles](#) but can also give me the impetus and strength to swear like an unabashed truck driver and, in so doing, reap instant cathartic benefits since I never even whispered the F bomb until age 33. Quite simply, Little Robert is known as the #mayor of perfume and cosmetics and beauty, and #mayorofBG at [Bergdorf Goodman](#), a reputation that extends even down to [Saks Fifth Avenue](#) and onto [Bloomingdale's](#). Some I've had the privilege of meeting at [Bergdorf Goodman](#) at [Maison Francis Kurkdjian](#) and beyond-- like [Johan Nunez](#) and [Niuurka Corona](#) and [Lawrence Applebaum Management Consulting](#) and Sasha get to work with him and enjoy the privilege of calling him colleague. [Milagros C. Rivera](#) shares a last name, [Valerie C](#) laughs at his stories, [Bernadette](#) listens to his #ziplock stories, [Mary Kalofolia](#) shares his humor, [Manuel Velazquez](#) shares cruise ship cabins, [Jhon J Florez](#) shares stories, [Ioannis Sklavos](#) shares tales and tails, [Bernadette C. O'Brien](#) shall be grateful for that one time when "Little Robert" carried #superBetty almost singlehandedly from [Chez Josephine](#) all the way to Port Authority for her bus when she needed a friend to "lean on," and [Irene A. Almario](#) who fell in love with his personality from day 1. (Oh, and then there was this one day when a few angels in my life like [Jeffrey](#) and [Yury](#) and [Manuel](#) were in the same room wondering "WHO is THIS ROBERTO?") To Roberto (or as a few call him, "Robert") I'm am eternally grateful for: teaching me all of these HOW TOs: how to swear, how to raise my head to claim my space and air on planet instead of bowing in fear, how to swear, how to get what we want and need politely with civility first before flipping into NYC-mode, how to #sendthemlove when it's difficult, how to DEFINE the noun "friend" when it's 2AM from jetlag with a fever to go across town in a torrential downpour to deliver a package, how to do some forms of home decorating oneself with

"handyman" tools I never knew existed, that having [Ralph Lauren](#) clothes in one's closet don't do anything just hanging there if nobody sees them, how to spend a day on Madison avenue with Robert as a stylist choosing all wardrobe that brought me into our century, how to appreciate a brownie, how to use your freezer for far more important things than food, how to keep incense stores employed with cases- not packages- of incense, how to appreciate [Stonewall](#) and its gay rights history because he can say [#iwashere](#), how to operate within limits of law and hold ground and be the first male in the history of NYC allowed by Human Resources to wear a skirt to work, how to appreciate the world of Jackie O who chained herself to [Grand Central Terminal](#) to prevent its loss, and in general how to appreciate the men and women who paved the way today for what we are just starting to enjoy in terms of [Human Rights Campaign](#) and advocacy and equality and that anything--almost ANYTHING--in one's kitchen gets instant improvement amplification when added to cognac. Famous current words: "Allow me to correct you in your misunderstanding" and "Don't f\*\*k up my buzz."



# #shoutoutseries

## findLawrence

[Lawrence Biscontini](#)

April 6 ·

today's #shoutoutseries gives gratitude to [Bernadette C. O'Brien](#) (mother of 5 children including [Stephen](#) [Michael](#) and [Bernadette](#)) with [Jill O'Brien](#) [Megan O'Brien](#) and [Mike O'Brien](#) all in the family....who changed my life the day she came to my first water class at the [El Conquistador Resort](#) in Puerto Rico where she was wintering as a snowbird with her best friend Eileen. [Rita Maldonado](#) [Jeffrey Howard](#) and [Manuel Velazquez](#) and [Lucila Fit](#) all took turns teaching to her, and we loved how dedicated to our classes she was, including showing up in the rain, saying "you're still gonna teach, right?" and we rolled our eyes. I finally said "you need to just get certified to teach this stuff too cuz you're far more dedicated to teaching to two people than ALL of us put together... and the rest was history with [Athletics and Fitness Association of America - AFAA](#) and [American Council on Exercise - ACE](#) and beyond. [Valerie C Grant](#) did her first #CPR and I did her first land training in the gym ("you just GOTTA do something outside of your bathing suit on dry land one day, #superBetty) and so she did. Now when pools around the world are closed, she's again leading the way by having so many of her clients and classmates follow her to streaming land-based movement experiences led from her world-capital in New Jersey. When [BOSU](#) decided to open their #mastertrainerlist and message to include #activeaging, Betty brought her expertise at almost 80 years young. When BOSU inventor [David Weck](#) showed her how to jumprope on half a ball, #superBetty amazed all of us, and in the back of a van one day [Pam Benchley](#) began the #freeBetty campaign with [Erika Quest](#) and [Stacey Lei Krauss](#) and [Julz Arney](#) coming home from a summit dinner, fully living up to that campaign's promise when they all forgot me for a moment locked in the trunk of the vehicle where I offered to ride to make space for others. True story! And when [SCW Fitness Education](#) needed a presenter, model, and aging expert to start in over five training dvd for fitness professionals, Betty brought her bright colors and showed up fully prepared, streaming daily now on scw on demand. [Spiro100 Senior Fitness & Wellness](#) uses Betty daily on dozens of releases and titles, from walking to neuroplasticity to more, streamed into homes and #activeagingcenters around the globe. Betty reversed her type 2 diabetes. She became the [Centrum Vitamins Centrum Brasil](#) winner of "the most energized woman in the world" campaign for which [Bonnie](#) was a catalyst. She went to [International Council on Active Aging](#) and presented for them, [IDEA Health & Fitness Association](#) [Canadian Fitness Professionals Inc. \(canfitpro\)](#) and [Asia Fitness Conference](#) as their most chronologically certified professional in the history of each to date. I won't discuss her two master's degrees,





martial art belt colors, ability to speak French, or artistic abilities designed for children of all needs used today in the public schools of the USA, the fact that she understands parenting on a variety of levels for all kinds of children's needs, or the fact that her generosity abounds (with limits, of course, to lamb chops or wine). I will instead mention that she's an integral part of [#teamLawrence](#) and [#teamBiskit](#), often spotted with her best friends like [Irene Cathy Narvaez](#) and [Mary Kalofolia](#) and [Irene A. Almario](#) and [Milagros C. Rivera](#) and [Ralph Nappi](#) and [Takeo Ichimura](#), she spreads love and joy with her Betty-isms. I'm grateful to Betty for her Betty-isms (like here <https://www.youtube.com/watch...>), her patience, her unconditional love, her willingness to be second in the bathroom each morning, her no-nonsense and growth-minded approach to "Notes and debriefing" after each full-day or half-day workshops. Many, many have been the convention delegates over the years who have come to us saying "Lawrence, I want to be your next [#superBetty](#)," and, not ready to give up her title, repeats "step aside." We have had surprises along our over a decade of presenting and traveling: from elves in Iceland, canceled flights for tragedy in Thailand, deboardings in Turkey, nude beach scares of models in Mykonos, hip gout in NYC when little 4-foot Roberto had to almost carry and get [#BettytotheBUS](#) down the street to Port Authority, earthquakes in Puerto Rico, tragedy in Toronto (customs took from her an important bag of lentils), long life ceremony for [#blessingsinBali](#) (apparently it worked), being interviewed [#toothlessinTennessee](#), mayhem in Mexico (with [Manuel Velazquez](#) at [Rancho La Puerta](#)), and-- rumor has it -- that in West Hollywood, California, there's a toilet in the bathroom in the home of designer [TOM FORD](#) -- and an outdoor statue of a Buddha in his garden --that have their own tales to tell. The MOST uncanny thing about traveling and sharing a hotel bathroom around the entire planet is that EVERY SINGLE hotel bathroom door of EVERY SINGLE hotel room we have ever shared has been -and continues to be -a glass or frosted glass door. 😊 Betty is a class act, a lady, a pioneer, and both excellent student and teacher. Most of all, Betty and her Betty-isms have helped me face the things in our world that we can't understand, including perhaps now most importantly-- her Betty-ism [#happinessisNOW](#).



#shoutoutseries  
findLawrence

Lawrence Biscontini

April 7



## #shoutoutseries findLawrence

[Lawrence Biscontini](#)

April 8 ·

today's [#shoutoutseries](#) gives gratitude to one of my few gratitude shouts who won't see this on FB, although her family may. Dionisia is a legendary, mythological creature Greek goddess on Mykonos. For an island with no formal hospital, both residents and tourists alike have come to rely on her valued services. When [Salachas Joseph](#) said to me he wanted to introduce Diony to me as a special woman with a unique side, I was skeptical. Within five minutes of having met, however, just by holding up her hands in front and in back of my body, she told me about some of my physical and emotional past and present, things that not even a doctor would have been able to ascertain without traditional tests at that moment. She convinced me of the dimensions in life we cannot see but feel--and won me over as a fan and future friend--in our first five minutes. When she went on to create a cancer society for the island and beyond, write two versions of a book in English and Greek for living with-and preventing- cancer, travel to speak at professional training conferences for wellness professionals like [IDEA Health & Fitness Association](#) and [Asia Fitness Conference](#), and continue to offer a policy where she never says no to a client living with pain regardless of ability or condition to pay, she won my heart as a humanitarian and role model. Meeting and working with her family over the years, including [Dimitris Salaxas](#) and [Rania Salaha](#) and [Ἡβη-Κατερίνα](#) and the others I've been privileged to know like our late [Catherine Hill](#) and sisters Anisabel and [Efy Podara](#), brother [John Podaras](#), and extended family [Eleni Vidali](#) and [Nikolas Salachas](#). Diony changed my life when she first laid her hands "in front of" and "behind" me, and taught me about all the healing techniques of which I was unaware, like shaking, tapping, and rebirthing. She became a no-nonsense, highly revered go-to confidant of mine because I trust her intuition and super-politically correct attitude at (almost) all times. Sharing road trips, plane rides, hotel rooms and even the stage has become a dream for me because sharing any light next to her is nerve-racking. Diony is the real deal, and next to her I feel the "smoke and mirrors" kind of human that we all feel when we're around those who lift us up. Just walking through Chora (Mykonos town) ends up being a monumentous event getting from parking to a restaurant because not even the [#mayorofMykonos](#) can get stopped as many times as she can, simply because so many residents and tourists enjoy being pain-free and mobility-enhanced and energy-cleansed because Diony is on our planet. Being a licensed physical therapist from London, massage therapist, healer, chef, and Mom, people may be baffled by her powers, but I'm just as baffled at her ability to throw together a 5 course meal for 30 (Greek families) in 2 hours. One of



her greatest gifts to me is her lessons of compassion. When I tend to be haste or critical, she always reminds me that I can't "feel into the inside of a person and know what's really going on with each person's emotional health, organ trauma, and physical past and present. We all have a story that brought us here, and we rarely try to feel into a person beyond what we see," she reminds me always. Maybe one day we'll get her to Facebook, and there is hope, because her famous words to me were once "I'll never own a cellphone," and now relies quite a deal on her [#Apple](#) phone. God sends us angels and prophets and energy workers. That I can call one of these--who also is an awesomely accomplished transformational specialist in the kitchen with mundane ingredients like potatoes and milk--makes me truly grateful. [#goodwitch](#)not a [#badwitch](#).



*Lawrence Biscontini*

April 9 ·

Today's penultimate [#shoutoutseries](#) gives gratitude to Nameless. I'm forever grateful to God for cording me to all that I'd never have known without you inviting me to step up and be a better Lawrence. [#onetwinflame](#)





# #shoutoutseries findLawrence

*Lawrence Biscontini*

April 10 ·

today's #shoutoutseries #40 gives gratitude on Good Friday to the last on my list who isn't on Facebook. My favorite Jew: Jesus--whose teachings echo in the words of Buddha, Krishna, Moses, Dalai Lama, et. al., quite simply, is my boyfriend. We met before my memories began, and he helped me through deafness, blindness, bullying, and banishment. I'm grateful to be able to call out to Him with thanks and with admiration, for he spoke of love, tolerance, and forgiveness. While I've far from mastered those, we speak daily about receiving y gratitude on some days, and grievances on others. We all have mentors, teachers, and guides, and Jesus is one of mine. Jesus, until we meet in spirit, please continue to take care of all my family of choice who have gone before. And-- if I can ask yet again something else--may I please ask you to keep us SAFE so that, when we open our doors to our connected world once again, not ONE more of us is MISSING. † #amen



**Jesus is my boyfriend**