



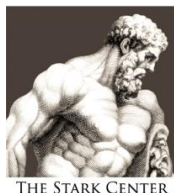
THE STARK CENTER

The H.J. Lucher Stark Center for Physical Culture and Sports
The University of Texas at Austin

Bonnie Prudden collection
1937-2019, undated
Bulk 1954-2009

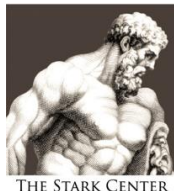
Abstract

Bonnie Prudden was a dancer, skier, world class rock climber, and a pioneer in personal physical fitness and myotherapy who wrote 18 books on fitness and exercise for all ages from newborn to geriatric. Her research on youth fitness led to the establishment of the President's Committee on Youth Fitness during the Eisenhower administration. She wrote a regular column for *Sports Illustrated*, made appearances on the *Home Show* and *The Today Show*, and had her own show, the *Bonnie Prudden Fitness Show*, from 1965 to 1967. The collection (a portion of which has been processed and described here) consists of typed and handwritten correspondence, photographs, original artwork, scrapbooks, notes, medical records, fitness research, autobiography drafts, climbing gear, equipment, and athletic wear.



SUMMARY INFORMATION

Size of Collection:	14 boxes [13.5 linear feet] processed [Approximately 59 linear feet unprocessed]
Creator:	Prudden, Bonnie, 1914-2011 Whittaker, Enid
Acquisition Info:	Gift of Enid Whittaker, 2023.
Accruals:	No accruals are expected.
Language(s):	English.
Processed By:	Susan Kung, Gabriel Mello, Ethan Shaffer, and Audrey Waite, Spring 2026, under the supervision of Kimberly Beckwith and Caroline De La Cerda.
Conservation Notes:	Original artworks have been digitized. Mud, water, and mold damaged documents and folders were isolated together in a single box (Box 13) for possible future cleaning.



RIGHTS AND ACCESS

Access Restrictions

The collection is open for research, but the Stark Center retains the right to limit the use of the Bonnie Prudden collection under certain conditions. For any questions about the Bonnie Prudden collection, you can contact the Stark Center by email at info@starkcenter.org or call (512) 471-4890.

Due to extensive mud, water, and mold damage, certain documents and folders were isolated together in a single box (Box 13) for possible future cleaning. Availability to researchers will be determined on a case by case basis.

Due to the sensitive nature of materials within this collection, including but not limited to, social security numbers, medical records, home addresses, and bank routing numbers, an archivist must review these materials before they can be accessed by researchers.

Privacy Restrictions

Manuscript collections and archival records may contain materials with sensitive or confidential information that is protected by federal or state right to privacy laws and regulations.

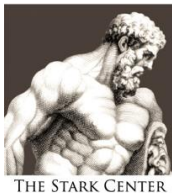
Researchers are advised that the disclosure of certain information pertaining to identifiable living individuals present in this collection without the consent of those individuals may have legal ramifications (i.e., a cause of action under common law for invasions of privacy may arise in facts concerning an individual's private life are published that would be deemed highly offensive to a reasonable person) for which The H.J. Lutchter Stark Center for Physical Culture and Sports and The University of Texas at Austin assumes no responsibility.

Duplication

No duplication of any of the collection materials can be made without permission from Stark Center staff. Once permission is given, you may make duplicates using your personal camera, phone camera, or portable scanner.

Reproduction and Copyright

Copyright restrictions may apply. It is the responsibility of the researcher to secure permission from the copyright holder to publish, reproduce, distribute and use by any method. We make no determinations as to copyright restrictions.



INFORMATION FOR RESEARCHERS

Preferred Citation

Bonnie Prudden collection, The H.J. Lutchter Stark Center for Physical Culture and Sports, The University of Texas at Austin.

Separated Material

Books were separated from the collection and cataloged separately. You can search for books through University of Texas at Austin Library catalog at lib.utexas.edu.

Related Material

Records of the President's Council on Physical Fitness and Sports (record 220.9.16), Records of Temporary Committees, Commissions, and Boards (record group 220; 1893-1996 (bulk 1924-1993)), National Archives <https://www.archives.gov/research/guide-fed-records/groups/220.html#220.9.16>.

Location of Originals

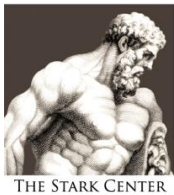
Some original letters remain in the possession of the donor, Enid Whittaker, who gave copies to the Stark Center.

Publication Note

Friedman, Danielle. "Let's Get Physical: How Women Discovered Exercise and Reshaped the World", G.P. Putnam's Sons, 2022.

BIOGRAPHICAL INFORMATION

Bonnie Prudden was born Ruth Alice Prudden on January 29, 1914, in New York City, New York, to Henry J. Prudden and Eleanor "Nell" Russell. Her early education focused more on ballet, gymnastics, drama, elocution, piano, violin, writing, anatomy, and horseback riding than on formal, classroom education. Bonnie and her younger sister, Jeanne, attended the Marymount Academy in Tarrytown on the Hudson, a Catholic boarding school for girls, from 1929 to 1931. After leaving Marymount, Bonnie attended the Horace Mann School for girls from 1931 to 1933, where she excelled in English, art, music, drama, and sports. After graduating from Horace Mann, she went on to study art at the Grand Central School of Art, and journalism at Columbia University, both in New York City. During this time, she also studied modern dance with Charles Weidman, Doris Humphrey and Jose Limon, and she made her Broadway debut with the



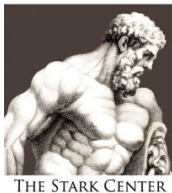
The H.J. Lutter Stark Center for Physical Culture and Sports
The University of Texas at Austin

Weidman/Humphrey dance company in the 1934 musical *Life Begins at 8:40*, starring Ray Bolger, Bert Lahr, Luella Gear, and Francis Williams.

In 1936 she married Richard "Dick" Hirschland, an accomplished mountaineer and skier, who introduced her to both sports on their honeymoon in Switzerland. Back in the US, they began rock climbing with Dr. Hans Kraus, with whom Bonnie would later collaborate. Sometime between 1936 and 1937 she broke her pelvis in several places in a serious skiing accident and ended up in traction for three months. Her doctor told her she would always walk with a limp and would never have children. But Prudden rehabilitated herself with chair and water exercise, and had her first daughter, Joan Ellen "Petie" Hirschland, in 1939 and her second, Susan Ann "Suzy" Hirschland, in 1943. After Prudden's self-rehabilitation, she returned to skiing and rock climbing, becoming a serious contender in both sports. She was the first woman to receive the National Ski Patrol Badge and the Eastern Amateur Ski Association's award for promoting safety. After World War II ended, she regularly climbed with Kraus, who coached her in the sport and helped her become a world-class climber.

When Prudden's daughters started school, she was appalled by the state of physical fitness education taught in the public schools and started teaching conditioning classes for her daughters and the neighborhood children in 1946. In 1949, when many new students started enrolling in her class, she began to use the Kraus-Weber Minimum Fitness Test as a baseline measurement and was alarmed that the failure rate was 58 percent. She and Kraus started testing children all over the country with the same results. In 1950, they tested comparable-aged children in Austria, Italy, and Switzerland, where the failure rate was only 8 percent. Kraus and Prudden wrote several articles on their research findings on the unfit state of American youth. In 1954, Prudden and her husband divorced, and she legally changed her name from Ruth Alice Hirschland to Bonnie Prudden. She sold the family home, and with the proceeds, bought an old school in White Plains, New York, that she converted into the Institute for Physical Fitness (IPF), her first business venture. The IPF featured an outdoor obstacle course and several other pieces of exercise equipment designed by Prudden. In the mid-1950s, President Dwight D. Eisenhower learned about Kraus and Prudden's research on the unfit state of America's Youth. Prudden and Kraus were invited to the White House for a luncheon on July 11, 1955, at which she presented the results of the youth fitness tests to the President and other attendees. In 1956, Eisenhower formed the President's Committee on Youth Fitness (later renamed the President's Council on Physical Fitness during the Kennedy administration), and Prudden served on the advisory committee.

In 1957 Prudden began writing a regular exercise column for *Sports Illustrated* (SI) and she appeared on SI's one-year anniversary issue cover as the first female cover model not wearing a swimsuit. Instead, she wore an exercise unitard of her own design, made and sold by her



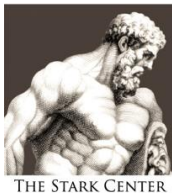
The H.J. Lutter Stark Center for Physical Culture and Sports
The University of Texas at Austin

company, Fitness Fashions. In 1958, Prudden closed the IPF in White Plains and moved to New York City, where she had an apartment and office on Madison Avenue. That same year, she became the fitness editor for the *Home Show* and the *Today* show; started developing exercise programs, including the baby swim, youth fitness, and family fitness programs, for the YMCA, the Girls Club, and other organizations; and toured the country promoting her various exercise programs and books. In 1959 she bought 25 acres in Stockbridge, Massachusetts, and built a new IPF. In the 1960s, Prudden began creating audio exercise programs on vinyl records to bring the benefits of fitness to the blind. In 1965, she filmed the first 35 episodes of the half-hour *Bonnie Prudden Fitness Show* in Canada, and she filmed another 160 episodes in 1967. The show was syndicated in Canada and the US from 1965 to 1970. She published 18 books on fitness and myotherapy between 1955 and 1987, and many of them were reprinted several times during her lifetime.

In the 1970s she had to have both hips replaced due to the lasting trauma of her 1930s skiing accident. She started developing Bonnie Prudden Myotherapy in 1976 and 1979 after her second hip surgery. That same year, she developed her Pre-op Land and Water Program for Hip Replacements. In 1980, she established the Bonnie Prudden School for Physical Fitness and Myotherapy and went on the road to promote her New York Times best-selling book, *Pain Erasure the Bonnie Prudden Way*. The term "myotherapy" was coined by Dr. Desmond R. Tivy, who wrote the introduction to the book.

In the early 1990s, Prudden moved to Tucson, Arizona, along with Enid Whittaker, the Associate Director of the Bonnie Prudden School and her research assistant. There, Prudden suffered a series of heart attacks, had by-pass surgery, and was treated for melanoma. She recovered and, along with Whittaker, re-opened the Bonnie Prudden School in Tucson. During the mid-1990s, Prudden began writing her autobiography, first by hand, and then using a word processor typewriter. When that typewriter broke and could not be repaired, Whittaker bought her a computer, but Prudden never became accustomed to using it, and abandoned her autobiographical project in 1997 or 1998. The draft was never finished or published, and the only known copies are in this collection.

Bonnie Prudden received numerous awards and honors during her life, including an Honorary Master's degree in Humanics from Springfield College, Massachusetts, in 1958; an appointment as an Adviser on Youth Fitness to the National Commander of the American Veterans of World War II and Korea (AMVETS) in 1959; an award from American Alliance of Health, Physical Education and Recreation Aquatic Council in 1983; the United States Water Fitness Association's Fitness for Living award in 1991; the C. Carson Conrad award in recognition of distinguished contributions, inspirational leadership and extraordinary achievement in Water Fitness in 1995; inductions into the Fitness Hall of Fame and the Massage Hall of Fame in 2006;



The H.J. Lutcher Stark Center for Physical Culture and Sports
The University of Texas at Austin

and the President's Council on Physical Fitness, Sport and Nutrition – Lifetime Achievement Award in 2007, among others.

Prudden passed away on December 11, 2011, in Tucson, Arizona, at the age of 97.

Sources, in addition to the records themselves:

“About Bonnie Prudden,” *Bonnie Prudden Educational Institute*, accessed February 16, 2026, <https://bonnieprudden.org/about-bonnie-prudden/>.

Beckwith, Kimberly. “The Bonnie Prudden Collection,” presentation given at the 2024 North American Society for Sport History Conference in Denver, Colorado, 2024.

“Obituary of Richard S. Hirschland,” *New York Times*, Jan. 1, 1961, accessed February 16, 2026, <https://www.nytimes.com/1961/01/01/archives/richard-s-hirschland.html>.

Prudden, Bonnie. “Autobiography timeline,” unpublished manuscript, 1997, H. J. Lutcher Stark Center for Physical Culture and Sports.

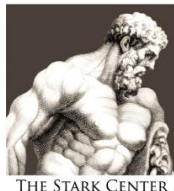
Whittaker, Enid. “Bonnie: A Young Married in an In-law's World,” *Bonnie Prudden Educational Institute Newsletter*, April 2024, accessed February 16, 2026, <https://us9.campaign-archive.com/?u=2cdbfbd567f906ccce5f7cfff&id=1f2162d717>.

Whittaker, Enid. “Bonnie's Father,” *Bonnie Prudden Educational Institute Newsletter*, August 2024, accessed February 16, 2026, <https://mailchi.mp/912c6d1d9fb0/bonnies-father>.

Whittaker, Enid. “Bonnie's Two Mothers,” *Bonnie Prudden Educational Institute Newsletter*, July 2024, accessed February 16, 2026, <https://mailchi.mp/1178954e8e1c/bonnies-two-mothers>.

Whittaker, Enid. Personal Communication, April 20, 2026.

Wikipedia contributors. “Bonnie Prudden,” *Wikipedia, The Free Encyclopedia*, edited 2026, January 18, accessed February 16, 2026, https://en.wikipedia.org/w/index.php?title=Bonnie_Prudden&oldid=1333482249.

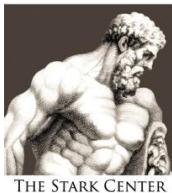


SCOPE AND CONTENT NOTE

This collection documents the life and work of Bonnie Prudden, spanning approximately 1937 to 2019, including her activities as a physical fitness advocate, author, media personality, and founder of the Institute for Physical Fitness and Bonnie Prudden Myotherapy. Materials reflect her professional and personal activities in Tucson, Arizona; New York City and White Plains, New York; Washington, D.C.; Stockbridge and Lenox, Massachusetts; Los Angeles, California; Tampa, Florida; and Zurich, Switzerland. The collection reflects Prudden's advocacy for improved youth fitness standards, the development and promotion of lifelong fitness programs, the creation and clinical use of myotherapy, and her work in media, policy, and medical fields. Other significant topics include her collaboration with Hans Kraus and the implementation of the Kraus-Weber Minimum Fitness Test, legislation related to physical education, programs for girls' and youth clubs, and her mission to address painful health conditions such as fibromyalgia, chronic pain, and hyperkinetic disease.

This collection also contains personal and autobiographical materials, including handwritten notes and typed drafts for an unfinished autobiography; vital records; and materials documenting Prudden's athletic and recreational interests, including climbing and skiing, with related books, periodicals, ephemera, and photographs. Materials in this collection are largely textual, comprising correspondence, manuscripts, instructional and teaching notes, articles and clippings, newsletters, and loose scrapbook papers. Correspondence in this collection includes exchanges with medical professionals, lawmakers and government officials, and the public who came to her and her businesses seeking pain-management advice and sharing their testimonials. Visual materials include photographs of personal and professional events, many documenting her various youth programs and visual materials for her books. This collection also contains Prudden's artwork, such as sketches and watercolor paintings. The materials represented in the Bonnie Prudden collection demonstrate Prudden's lifelong dedication to not only bettering her own health but that of all people, especially children and women. This collection preserves pivotal legislation surrounding youth fitness impacting American public-school systems, the creation of Myotherapy which sought to decrease the impacts of aging and improve overall physical wellness, and the written words and philosophies of a woman who dedicated her life to bettering the body.

Some items in this collection, such as email correspondence of Prudden's business partner and friend Enid Whittaker, were created after Prudden's death, but relate to her work and legacy. It is also important to note that the materials in this collection were relocated several times since coming into Whittaker's possession. While the materials were originally arranged and sorted by Prudden, they have not maintained their original order due to a natural disaster and preservation concerns. After a mudslide damaged the structure the materials were housed in, Whittaker approached the Stark Center about donating the records to ensure their long-term preservation.

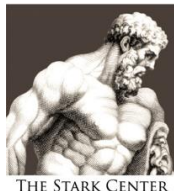


The H.J. Lutzer Stark Center for Physical Culture and Sports
The University of Texas at Austin

When the original materials arrived in Austin, it was determined that they should be rehoused due to mud and water damage to their original containers and folders. Cindy Slater, the former Stark Center Librarian, rehoused the materials in archival storage containers until they could be processed, carefully noting their original order. During the final processing, the materials were spread out into additional boxes to protect them from damage and facilitate ease of access. Some materials were separated into another box (Box 13) due to mud damage and are noted in the finding aid as “[MUD/SEP].”

At the time of publication of this finding aid (July 2026) only 13.5 linear feet (14 archival boxes) of the overall collection have been processed and described in this finding aid. While there are no expected additions to the collection itself, this finding aid may expand as more of the collection is processed. The materials processed to this point are largely categorized as Prudden’s personal materials, although professional and personal themes and activities often blended in Prudden’s life. While the original order of this collection has been maintained as much as possible, decisions about the subseries and folder order within each series were made to make arrangement as organized as possible. Folder names were also created by the processors by shortening folder labels created by Slater to reflect both the original order and labeling.

This collection is comprised of nine series, four of which have subseries. Series 1, **Autobiographical Materials, 1956-2010, undated**, contains the majority of Prudden’s autobiographical drafting materials, including annotated printed drafts, research notes on legal pads, original artwork, and timelines. Series 2, **Dr. Hans Kraus Papers, 1945-2019, undated**, documents her collaboration with Dr. Kraus through correspondence, co-authored articles, ephemera, photographs, and research papers by Kraus, Prudden and Hirschland, Weber, and others. Series 3, **Notes and Musings on Fitness and Philosophy, 1977-2017, undated**, contains multiple handwritten notepads and writings, offering insight into personal views on topics such as God, fitness, and physical education. Series 4, **Outdoor Sports, 1937-2012, undated**, highlights Prudden’s athletic passions through photographs, periodicals, training programs, and correspondence related to rock climbing and skiing. Series 5, **Personal Papers, 1939-2017, undated**, contains materials such as correspondence with family and friends, family photographs, and medical and death records. Series 6, **Professional Correspondence, 1954-2005, undated**, is arranged chronologically from the 1950s to the 1990s and split up by subject, including medical doctors, chiropractors, and VIPs. Series 7, **Professional Scrapbooks, 1953-1983, undated**, houses scrapbooked materials removed from three ring binders containing *Sports Illustrated* magazine content and clippings about the Kraus-Weber tests. Series 8, **Writings Related to Prudden’s Physical Fitness Career, 1954-2016, undated**, demonstrates Prudden’s impact and legacy through reports on fitness projects, books, and articles written about Prudden’s work. Finally, Series 9, **Television and Radio, 1961-1990, undated**, documents



Prudden's extensive media career through show notes, contracts, scripts, storyboards, and correspondence relating to her media ventures.

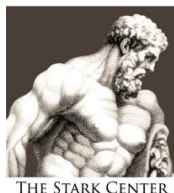
COLLECTION INVENTORY

Series 1: Autobiographical Materials, 1956-2010, undated

This series consists of three subseries: 1.1, Annotated Printed Drafts; 1.2, Artwork; and 1.3 Notes, Ephemera, and Timeline. This series contains the majority of Prudden's autobiographical drafting materials, including annotated printed drafts, research notes on legal pads, original artwork, and timelines. It also contains materials Prudden and Whittaker compiled to aid in writing the autobiography, such as old articles about Prudden and pieces of correspondence. In subseries 1.3, many folders contain subfolders of non-autobiographical material. Since Whittaker and Prudden grouped these materials together and Prudden used them as source materials for her autobiography, they have been left in this series. Please note that some items in this series contain offensive language and mentions of suicide.

Subseries 1.1: Annotated Printed Drafts, 2001, undated

Folder Title	Box Number	Folder Number
Chapter Notes November 2001, undated	1	1 thru 4
Autobiography Chapters 1-16, undated	1	5
Autobiography Chapters 17-35, undated	1	6
Autobiography Chapters 36-64, undated	1	7
Autobiography Chapters 55-end, undated	1	8

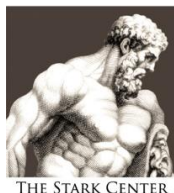


Subseries 1.2: Artwork, undated

Folder Title	Box Number	Folder Number
Artwork, undated	OS 2	1 thru 2
Artwork, undated	OS 3	1
Artwork, undated	OS 14	1

Subseries 1.3: Notes, Ephemera, and Timeline, 1956-2010, undated

Folder Title	Box Number	Folder Number
Autobiography Notes and Manuscripts, 1956-2009, undated	1	9 thru 10
Autobiography Notes and Manuscripts, 1956-2009, undated	4	1 thru 2
Autobiography Drafts and Discs, undated	4	3
Autobiography Notes and Correspondence, 1986-2010, undated	4	4
Autobiography Supplemental Materials, 1960-2009, undated	4	5
Autobiography Note Pads, undated	4	6 thru 7
Autobiography Notes, 1996, 1998, undated	4	8 thru 10
Timeline, 1997-2005, undated	5	1 thru 2
Chapter Notes, 1977-1998, undated	5	3
Biographical Materials and Notes, 1964-1990, undated	5	4
Notes, undated	5	5



The H.J. Lutch Stark Center for Physical Culture and Sports
The University of Texas at Austin

Show Summary and Notes, 1979-2003, undated <i>[Includes photographs.]</i>	5	6
Notes 2002, 1983-2003, undated	5	7

Series 2: Dr. Hans Kraus Papers, 1945-2019, undated

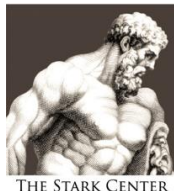
Folder Title	Box Number	Folder Number
Prudden's Notes on Kraus, Weber, and the Kraus-Weber Test, 2005-2006, undated	6	1
Kraus Articles and Ephemera, 1952-1990, undated	6	2
Kraus Articles, Obituaries, Ephemera and Photographs, 1946-2019, undated	6	3
Kraus Correspondence, Articles, and Ephemera, 1945-1989, undated	6	4 thru 5
Hypokinetic Disease, undated	6	6

Series 3: Notes and Musings on Fitness and Philosophy, 1977-2017, undated

This series consists of 2 subseries: 3.1, Notepads; and 3.2, Philosophy.

Subseries 3.1: Notepads, 2017, undated

Folder Title	Box Number	Folder Number
Notepads, 2017, undated	6	7 thru 12
Notepads, 2017, undated	7	1 thru 5



Subseries 3.2: Philosophy, 1977-2006, undated

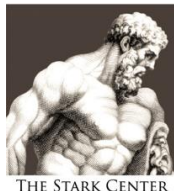
Folder Title	Box Number	Folder Number
Writings and Articles on Aging and Fitness, 1977-1984, undated	7	6
Religious and Philosophical Musings, 1997-1999	7	7
Philosophy on Touch, 2006, undated	7	8
Philosophy, 1984, undated	7	9

Series 4: Outdoor Sports, 1937-2012, undated

This series consists of 2 subseries: 4.1, Climbing; and 4.2, Skiing.

Subseries 4.1: Climbing, 1937-2012, undated

Folder Title	Box Number	Folder Number
Photos, Emails, and Periodicals, 1979-2004, undated	7	10
Books, 1991-2012	7	11
Photos and Periodicals, Steve J., and Personal, 1988-2012, undated	7	12
Gunks 10/2002 and Personal Letters, 1945-2001, undated <i>[Includes photographs]</i>	8	1
Photograph Negatives and Email Correspondence, 1937-2005, undated	8	2
Periodicals, 1988-2007	8	3



Subseries 4.2: Skiing, 1944-2012, undated

Folder Title	Box Number	Folder Number
Emails, 2002 and <i>Ski Patrol</i> Articles, 1950-2012	8	4
<i>Addlepate Ski</i> 43-80 Articles, 1944-1983, undated <i>[Includes photographs.]</i>	8	5 thru 6

Series 5: Personal Papers, 1939-2017, undated

This series consists of five subseries: 5.1, Personal Correspondence; 5.2, Ephemera; 5.3, Family Correspondence and Photographs; 5.4, Prudden's Medical Records; and 5.5, Prudden's Obituaries and Death Records. Items noted as "[MUD/SEP]" were moved to a separate box due to water and mud damage and mold concerns. Researchers should request assistance from staff if interested in these folder contents. Some items in subseries 5.1 mention or allude to suicide.

Subseries 5.1: Personal Correspondence, 1965-2017, undated

Folder Title	Box Number	Folder Number
Fan mail and Personal Correspondence, 1979-1999 <i>[MUD/SEP]</i>	8	7
Personal Correspondence, 1970-2006, undated <i>[Folder 11 MUD/SEP]</i>	8	8 thru 11
Jane Christensen, 1971-2009 <i>[MUD/SEP]</i>	8	12 thru 14
Horace Mann School, 1974-2012 <i>[MUD/SEP]</i>	8	15
<i>Reader's Digest</i> Correspondence, 1965-1987 <i>[MUD/SEP]</i>	8	16



The H.J. Lutch Stark Center for Physical Culture and Sports
The University of Texas at Austin

Dr. Charles Inlander, People's Medical Society, 1989-1997, undated	8	17 thru 18
Dr. Desmond R. Tivy, 1975-1990	9	1
Dr. Desmond R. Tivy, Prudden, and Chiropractors, 1980-2017 [MUD/SEP]	9	2

Subseries 5.2: Ephemera, 1978-2015

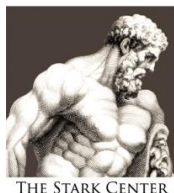
Folder Title	Box Number	Folder Number
"MY-OH-THERAPY" Cartoon, 1979	9	3
Loose Clippings, 1978-1984	9	4
The First Ever Dr. Tivy comic book, 1981	9	5
Massage Hall of Fame Certificate, Enid Whittaker, 2015	9	6

Subseries 5.3: Family Correspondence and Photographs, 1939-1998, undated

Folder Title	Box Number	Folder Number
Petie's Kids, 1939-1996, undated	9	7 thru 8
Suzy Prudden, 1961-1994, undated	9	9
Prudden's Tucson Birthday Photos, 1998	9	10 thru 12

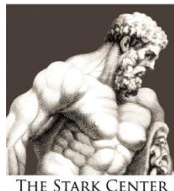
Subseries 5.4: Prudden's Medical Records (Assorted), 1955-2008

Folder Title	Box Number	Folder Number
Dr. Glenn and Eva Olds, 1960-1991 [MUD/SEP]	9	13



The H.J. Lutchter Stark Center for Physical Culture and Sports
The University of Texas at Austin

Patient Forms and Correspondence with Doctors, 1955-1988 <i>[MUD/SEP]</i>	9	14
Dr. Frank E. Stinchfield and Dr. Nasseroddin Eftekhari, 1973-1987 <i>[MUD/SEP]</i>	9	15
Lab Reports, Patient Information, and Dr. Herb Jalowsky, 2003-2007 <i>[MUD/SEP]</i>	9	16
Dr. Hugh Chandler, 1977-1983 <i>[MUD/SEP]</i>	9	17
Prudden's Medical Records, Assorted, 1992-2008 <i>[MUD/SEP]</i>	9	18 thru 19
Prudden's Medical Records (Eyes), 2000-2003 <i>[MUD/SEP]</i>	9	20
Medicare, Insurance, and Patient Records (Melanoma), 2002-2004 <i>[MUD/SEP]</i>	9	21
Laboratory Reports and Dr. Peart, 2004-2007 <i>[MUD/SEP]</i>	9	22
Medical Information (Hip) and Correspondence, 1998-2003 <i>[MUD/SEP]</i>	9	23
Pima Heart Patient Information Forms, 2001 <i>[MUD/SEP]</i>	9	24

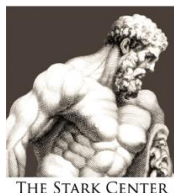


Subseries 5.5: Prudden Obituaries and Death Records, 2008-2012, undated

Folder Title	Box Number	Folder Number
Prudden's Obituaries and Enid's Correspondence, 2008-2012, undated	9	25
Memorial Records, 2011-2012	9	26

Series 6: Professional Correspondence, 1954-2005, undated

Folder Title	Box Number	Folder Number
1950s, 1954-1959	10	1
1960s, 1960-1970	10	2
1970s, 1967-1978	10	3 thru 4
1980s A-D, 1979-1998	10	5
1980s E-J, 1968-1993, undated	10	6
1980s K-L, 1982-2005	10	7
1980s M-P, 1982-1995	10	8
1980s R-S, 1979-1994, undated	10	9
1980s T-Z, 1972-1995	10	10
1980s Medical Doctors, 1982-1991	10	11
1990s, 1990-1999	10	12
Scrapbooked letters, 1978-1988, undated	10	13 thru 14
Famous & PR, 1984-1990	10	15
Businesses, 1959-1998	10	16
Babb, Charlie, 1988-1989	10	17

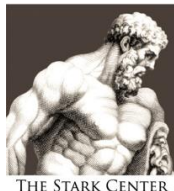


The H.J. Lutch Stark Center for Physical Culture and Sports
The University of Texas at Austin

ASJA (American Society of Journalists and Authors, Inc.), 1987-1988	10	18
Politics, 1955-2005	10	19
VIPs, 1984-1989	10	20
Bonnie Prudden's Newsletters, 1979-1984, undated	10	21
Chiropractors, 1983-1987, undated	10	22
Medical, 1978-2001, undated	10	23 thru 25
Butler, Robert, M.D., 1984-1991, undated	10	26
Myotherapy Affirmations, 1988-1990, undated	10	27
Special Letters by Prudden, 1980-1982	10	28
Stoughton Study, 1992-1999, undated	10	29

Series 7: Professional Scrapbooks, 1953-1983, undated

Folder Title	Box Number	Folder Number
<i>Sports Illustrated</i> , 1954-1959, undated [Includes two full copies of July 16, 1956 (Volume 5, Number 3), and August 5, 1957 (Volume 7, Number 6, Bonnie Prudden on the cover) issues.]	11	1 thru 2
Kraus-Weber Test News Clippings, 1954-1983, undated [Includes photographs.]	11	3 thru 4
Kraus-Weber Tests, Foreign News, 1953-1980, undated	11	5



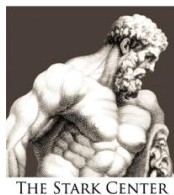
Vanves, 1976, undated 11 6

Series 8: Writings Related to Prudden's Physical Fitness Career, 1954-2016, undated

Folder Title	Box Number	Folder Number
Myotherapy and Physical Fitness, 1956-2005 <i>[Includes photographs and one full copy of the June 7, 1999 (Volume 90, Number 23) issue of Sports Illustrated.]</i>	11	9 thru 10
<i>Fitness from 6-12</i> , 1972	11	11
<i>Is Your Child Really Fit?</i> , 1954-1961, undated	11	12
Articles and Ephemera about Fitness, 1954-1996, undated	11	13
<i>Sports Illustrated</i> , 1954	11	14
<i>Life</i> , 1971 <i>[Incomplete copy of the December 17, 1971, (Volume 71, Number 25) special double issue.]</i>	OS 3	2
Hartford Fitness Project Report to Rubicoff, 1961-1977, undated	11	15
Articles by and about Prudden, 1958-2016, undated	11	16

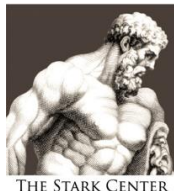
Series 9: Television & Radio, 1961-1990, undated

Folder Title	Box Number	Folder Number
TV & Radio, Loose Items, 1961-1968, undated	11	17



The H.J. Lutch Stark Center for Physical Culture and Sports
The University of Texas at Austin

TV & Radio, Loose Items, 1961-1968, undated	12	1 thru 2
Bonnie Prudden Show Notes, undated	12	3
P.R. Contacts, 1977-1990	12	4
Radio, 1987, undated	12	5



THE STARK CENTER

SUBJECT HEADINGS

People

Chandler, Hugh

Christensen, Jane

[Eisenhower, Dwight D. \(Dwight David\), 1890-1969](#)

[Inlander, Charles B.](#)

Jalowsky, Herb

[Kraus, Hans, 1905-1996](#)

Moynahan, Paul, M.D.

Olds, Eva, 1922-2008

[Olds, Glenn A. \(Glenn Alvero\), 1921-2006](#)

[Prudden, Bonnie, 1914-2011](#)

Tivy, Desmond R., 1928-2017

[Wallace, DeWitt, 1889-1981](#)

[Wallace, Lila Acheson, 1887-1984](#)

Whittaker, Enid

Organizations

Bonnie Prudden Pain Erasure

[Horace Mann School \(New York, N.Y.\)](#)

Institute for Physical Fitness

[PMS Health Library](#)

[President's Council on Physical Fitness \(U.S.\)](#)

[President's Council on Physical Fitness and Sports \(U.S.\)](#)

["Readers digest" book](#)

[Sports Illustrated](#)

[Young Men's Christian associations](#)

Subjects

[Exercise](#)

[Exercise for children](#)

[Exercise therapy](#)

[Myofascial pain syndromes](#)

Myotherapy

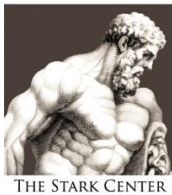
[Pain--Treatment](#)

[Physical fitness for children](#)

[Physical therapy](#)

[Radio programs](#)

[Rock climbing](#)



The H.J. Lutch Stark Center for Physical Culture and Sports
The University of Texas at Austin

[Skis and skiing](#)

[Television programs](#)

[United States. President \(1953-1961 : Eisenhower\). Executive order of July 16, 1956, Fitness of American Youth](#)

Document Types

[Albums \(Books\)](#)

[Autobiographies](#)

[Business correspondence](#)

[Clippings](#)

[Diaries](#)

[Editorials](#)

[Ephemera](#)

[Essays](#)

[Greeting cards](#)

[Manuscripts](#)

[Negatives \(Photographs\)](#)

[Newsletters](#)

[Newspapers](#)

[Notebooks](#)

[Obituaries](#)

[Periodicals](#)

[Personal correspondence](#)

[Photographs](#)

[Postcards](#)