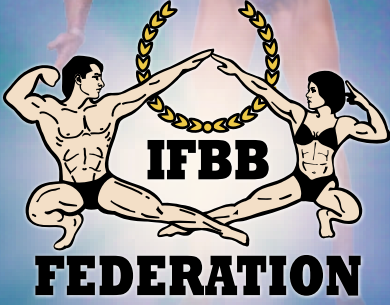


INTERNATIONAL FITNESS AND BODYBUILDING FEDERATION





OUR DISCIPLINES

FITNESS

Women's Fit Model



Women's Bikini-Fitness



Women's Physique

Mixed Pairs



BODYBUILDING

Bodybuilding



Classic Bodybuilding



Games Classic Bodybuilding



Classic Physique



Wheelchair Bodybuilding





F I T N E S S

Athletic Fitness



Acrobatic Fitness



Artistic Fitness



Fit-Pairs



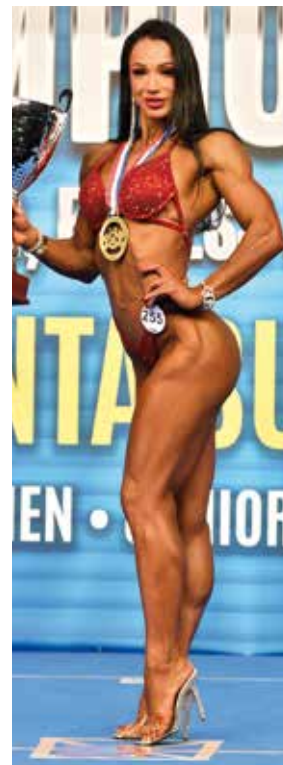
Fitness Challenge



Men's Physique



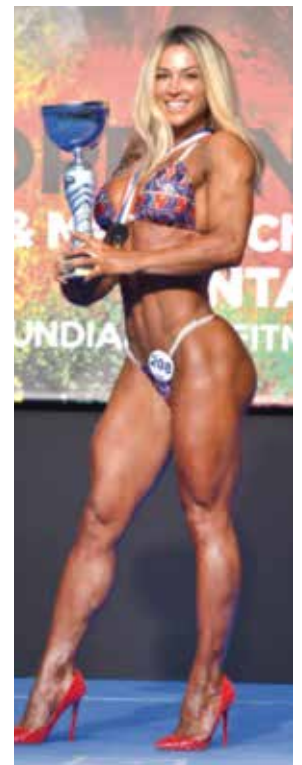
Women Bodyfitness



Men Fitness



Women's Wellness Fitness





IFBB TODAY

The International Fitness and Bodybuilding Federation (IFBB), founded in 1946 in Canada, has 203 affiliated nations and is one of the largest and most active international sport federations in the world.

The IFBB:

- Promotes clean sport and a healthy lifestyle on the society.
- Holds competitions in the eleven following competitive sports: men's bodybuilding, men's classic bodybuilding, men's fitness, men's physique, women's physique, women's body-fitness, women's bikini fitness, women's fitness, mixed pairs, children fitness, men's wheelchair bodybuilding.
- Organizes more than 8,000 local, national, regional, continental and world championships each year. Bodybuilding and Fitness, are very popular sports practised as a healthy lifestyle worldwide.
- www.ifbb.com together with its associated websites receives 15 million hits each month from almost all countries around the world.
- IFBB Social Media reaches a very impressive number of followers, athletes, officials and Fitness enthusiasts, multiplied by millions through the social media of its 203 national affiliated federations
- IFBB is signatory of the World Anti-Doping Agency (WADA) Code, and strongly believes and supports the sport values, and the promotion of health.

IFBB considers that the combination of proper training and nutrition, supported and guided by skilful and well prepared coaches and trainers, are essential to promote athletes, in all levels and disciplines, physical conditions and the public health, with tolerance zero to doping.

- As the worldwide authority on weight training and fitness nutrition, the IFBB has extensive Educational programs at IFBB Academy, that provides qualified certifications, with international validity, about training, nutrition and healthy lifestyle, followed by Bodybuilding, Fitness, Health and Sport related individuals and from a variety of academic and professional backgrounds as a complementary source of inspiration.
- *Muscle and Health*, the official IFBB magazine with printed and online editions in Spanish, English, Korean, Arab and Indi languages; IFBB events, Photo galleries, athlete interviews, IFBB news together with Nutritional and training articles in a reader friendly design; with high informative and educational values.

With the strong belief that Sport practice and principles are significant contributions to a better society, IFBB look the future, in solidarity with the whole world sport community, in best spirit.

The International Fitness and Bodybuilding Federation (IFBB) is the sport federation responsible for the management of bodybuilding and fitness worldwide, being a full member and/or being recognized by the following sports institutions and organizations:

1. Olympic Organizations:

- Olympic Council of Asia (OCA)
- Pan-American Sports Organization (PANAMSPORTS)
- Central American and Caribbean Sports Organization (CENTRO CARIBE SPORTS)
- Central American Sports Organization (ORDECA)
- South American Sports Organization (ODESUR)
- Association of National Olympic Committees of Africa (ANOCA)

As a matter of fact, bodybuilding and fitness participated as medalist sport at the latest Pan American Games (the second largest Olympic event following the Summer Olympic Games) held in Lima, Peru.

Furthermore our sports have been included by CENTRO CARIBE SPORTS as medalist sports at the next 2022 Central American and Caribbean Games, an at the Panarab Games, being as well medalist sport at the South American Games, among many others.

The incorporation of our sport in all these Games is a great source of inspiration for all

the athletes and officials, contributing and helping to educate them in the principles of Fair play, clean sport and solidarity.

2. Recognition by International Sport Organizations:

- Global Association of International Sports Federations (GAISF)
- Association of Pan-American Sports Confederations (ACODEPA)
- Association of African Sports Confederations (AASC)
- International University Sports Federation (FISU)
- Alliance of Independent Recognized Members of Sport (AIMS)
- International World Games Association (IWGA)

IFBB has been also recognized by the International Federation of University Sports (FISU), which opens new fields of expansion and promotion of fitness and healthy lifestyle as a service and a source of enjoyment amongst students worldwide.

3. Affiliation partnership to International Education and Coaching Institutions:

- European Union Sport Forum
- European College of Sport Science (ECSS)
- International Sport Press Association (AIPS)
- International Council for Coaching Excellence (ICCE)
- International Council of Sport Science and Physical Education (ICSSPE)
- International Pierre de Coubertin Committee (CIPC)
- Peace and Sport

IFBB RECOGNITIONS

