



IFBB TODAY

The International Fitness and Bodybuilding Federation (IFBB), founded in 1946 in Canada, has 204 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 following competitive disciplines: 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 and Fitness Challenge.
- Organizes more than 8,000 local, national, regional, continental and world championships each year. Fitness and Bodybuilding are very popular sports practised as a healthy lifestyle worldwide.
- www.ifbb.com together with its associated websites receives over 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 204 national affiliated federations.
- IFBB is signatory of the WADC, and strongly believes and supports the sport values, clean sport 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.

The International Fitness and Bodybuilding Federation (IFBB) is the sport federation responsible for the management of fitness and bodybuilding 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)
- Bolivarian Sports Organization (ODEBO)
- Association of National Olympic Committees of Africa (ANOCA)

IFBB officially participates in the following Games from the IOC Calendar:

Pan American Games, South American Games, Central American and Caribbean Games Central American Games, Bolivarian Games, the Asian Beach Games, and is getting ready to join the Pan-Arab Games.

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.

IFBB is as well 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.

2. Recognition by International Sport Organizations:

- Global Association of International Sports Federations (GAISF)
- SportAccord
- 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)
- TAFISA
- International World Games Association (IWGA)

3. Affiliation 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

- Fitness Style, the official IFBB magazine with printed and online editions in several 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.
- 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.

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.