

**FISAF IS THE  
WORLD'S  
LARGEST  
FITNESS  
ORGANISATION**



**FISAF Newsletter**

**6/2011**

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**FISAF**  
Federation of International  
Sports, Aerobics and Fitness Inc

## WELCOME



Dear FISAF Friends,

**New FISAF President, Eric Vandenabeele from Belgium**, was elected during the General Assembly in Gold Coast, Australia. His period is 2 years of the resting period of Mrs. Jitka Polaskova CZH (the FISAF ex-president) that passed away in February. Eric Vandenabeele is very proud to reach this position and you can read his comments at the beginning of this Newsletter.

We would like to share with you all our international presence on different projects, summits and congresses, such as **e-learning project in Bratislava** and **IHRSA congress in Milano**, both held in the end of October and last not least **EHFA Brussels Standard Meetings and Association Forum** at the beginning of November. At all of those events FISAF Int. was presented by our representatives.

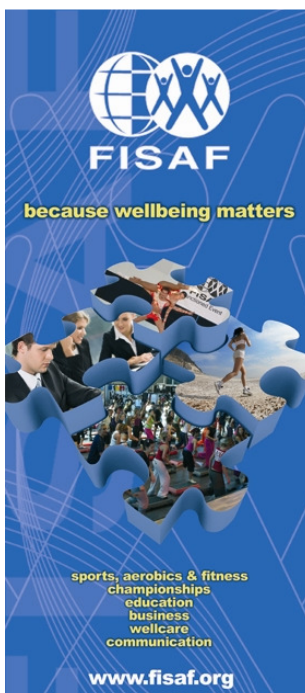
Also during the General Assembly in Gold Coast was elected where will be our next World event – **FISAF World Fitness & Hip Hop Championships 2012** - our members decided that it will be in **Dordrecht, The Netherlands from 15. – 21. 10. 2012**. You can get couple of ideas and plans what is the LOC planning to offer you this time.

And of course we would like to give a space to LOC of **FISAF World Fitness & Hip Hop Championships 2011 organized by FISAF Australia / TFT Sports and Event Management**, to Mrs. Roxanne Thew to share with us most exciting and most difficult moments during the organization of such great event.

**BE PART OF IT!**

**WHY?**

**BECAUSE WELL-BEING MATTERS**





We would like to introduce you new elected FISAF president, Eric Vandenabeele from Belgium.

**1) Why did you decided to candidate for presidency of FISAF Int.?**

Because over the years I started to appreciate and like the FISAF competition. Recent evolutions proved us once again that having a strong international mother federation recognized as a partner in the international network of sports, fitness and health associations is not only beneficiary for my own national federation but for all our members. It is a necessity if we want to serve our athletes, clubs and do our lobby work. Getting the support from most of our members and believing in their strength, made me decide to candidate for presidency.

**2) What is your sport and business background?**

My 'sports' background is in water: water polo. I was member of our national team and trainer of several first division teams and our national women team. I also have a background as physical trainer from a first division basketball team. I founded my own Fitness club in 1988. As innovator and presenter I introduced many new trends in Belgium and was co-founder of an endorsed Fitness Federation in Flanders. In 2000 I became Director of this federation and founded a Union of Fitness Employers who became recognized by the Belgium government in 2003. I'm also lecturer at the Brussels University and the Erasmus Bachelor School. Under the umbrella of Fitness.be I actually work on the development of a solid competence policy for the fitness industry with the introduction of EAC (Early Acquired Competences) procedures for an European Social Fund endorsed Test Center linked to registration and quality control. Giving Fitness a place in preventive healthcare is my biggest ambition.

**3) What are your main goals in the next 2 years in FISAF Int.?**

We have to think about the future of FISAF International, not only surviving, but exploring the opportunities. And I'm convinced there are many opportunities. This is why in 2009 I wrote a business plan for FISAF International. Together with all the members I want to evaluate it, adept it to our needs and implement it.

**4) Where do you see the biggest potential of FISAF Int.?**

We have a unique product in competition with a direct, identifiable link to every group fitness, exercise to music, participant. We have a unique position to encourage increasing awareness and participation in fitness, exercise to music and promotion of wellbeing. Joining the evolutions in education, registration, standardization and accreditation can only make us stronger.

**5) Something special you would like to say to readers of FISAF Newsletter?**

The past years I realized it was very difficult to get this change and as one of the reasons I often referred to the fact that most of us are in a kind of comfort zone... and afraid to lose everything that creates this comfort zone. At the last championships, I was walking in the big shopping mall nearby the venue, and in one of the window display's I saw a frame with a quote: A quote from Neale Donald Walsch: 'Life begins at the end of your comfort zone'

Let's identify what makes us uncomfortable, but what would really help us to grow. Let's embrace uncomfortable growth experiences with an open mind. And hopefully I meet you at the end of your comfort zone... let life begin.



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## E-Learning Fitness Project/ EHFA Brussels Summit 2011



E-Learning Fitness Project WP4 meeting was organized on Monday and Tuesday October 24.-25.2011 in Bratislava.

The main objectives of the eLF project are:

1. to create a European training system for e-learning in fitness and
2. to create a platform for an interactive national professional register which will collaborate with other international registers.

On behalf of FISAF International it was Jana Havrdova, who participated at the meeting focused on Development of e-learning contents. FISAF International acts as Associated Partner of the Project and could effectively help in Pilot testing of the e-Learning contents in second half of 2012. More you can find on [www.elearningfitness.eu](http://www.elearningfitness.eu) .



FISAF Int. was represented by Riitta Hämäläinen-Bister (FISAF Secretary General) and by Tatiana Polukhina (FISAF Russia) and Stefan Westerback (FISAF Finland) in both EHFA Brussels Summit 2011 programs. There was EHFA 4<sup>th</sup> European Fitness Forum and International Standards Meeting.

We will give you more information in the next FISAF Newsletter.



## IHRSA 11<sup>th</sup> Annual European Congress, 27-30 October 2011



Milan, Italy was the site of the International Health, Racquet and Sportsclub Association's (IHRSA) 11<sup>th</sup> Annual European Congress, 27-30 October 2011. The event will be held at the ATA Hotel Expo Fiera.

"With more than 400 industry business professionals in attendance, the annual Congress offers one of the best networking opportunities for the industry in Europe," said Joe Moore, President and CEO of IHRSA. The event will feature seminars presented by an array of speakers from within and outside the industry, with a dual focus on improving operational performance and seizing new opportunities.

"The seminars and networking opportunities are designed to spark conversation among delegates and engage them in new ways of thinking about the future of their business," commented Hans Muench, IHRSA Europe Director.

Among the highlights will be general sessions by business executives and educators that will provide thought-provoking commentary on trends shaping business and the fitness industry. Scheduled general sessions and speakers include:

- **Leadership: The Art of Engaging People** - *Santiago Alvarez de Mon*, Professor of Managing People in Organizations, IESE Business School
- **Building Equity and Business Value through Effective Product and Brand Development** - *Simon Bolton*, Professor and Director, Centre for Competitive Creative Design, Cranfield University, and Co-founder, Creative Resource Lab
- **Driving Positive Change: Transforming Diesel in the UK** - *Jonny Hewlett*, Managing Director, Diesel-UK and Ireland

The 2011 IHRSA European Congress programming was feature:

- A Sponsor Showcase providing attendees with the opportunity to talk one-to-one with leading suppliers in a relaxed environment
- Tours of some of Milan's premier health clubs (sponsored by Technogym®)
- Simultaneous translation of all event sessions into Italian, French, Spanish, and Russian

The International Health, Racquet & Sportsclub Association (IHRSA) is a not-for-profit trade association representing health and fitness facilities, gyms, spas, sports clubs, and suppliers worldwide. IHRSA and its members are dedicated to making the world healthier through regular exercise and fitness promotion.

*Text taken from [www.ihrsa.com](http://www.ihrsa.com)*

**FISAF Int. was represented on IHRSA meeting by Stella Diblik, FISAF EC member.**



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## FISAF World Fitness & Hip Hop Championships Dordrecht, The Netherlands, 15. - 21. 10. 2012



We would like to present you Marc Ghering from



He is a LOC representative of FISAF World Fitness & Hip Hop Championships 2012 in Dordrecht, The Netherlands. By knowing that you have won the organization of the next WCH 2012 we would like to ask you couple of questions.

**1) We know that you already organized successfully many FISAF events? Could you name them and say which one do you consider most successful one according to your opinion and why?**

EC's: Lloret de Mar 2007, Blanes 2009. WC's: Rotterdam 2006, Eindhoven 2010, and now Dordrecht 2012!  
WC Eindhoven was very good because of following aspects: Good organisation team, accurate event management during the competition. Most important, we think everything was organised in such a way that the athletes and visitors had a great stay in Holland.

**2) What do you like on those events of sports aerobic, fitness and hip hop?**

The enthusiasm of the athletes, and working together with DCAF, FISAF Int. and everybody to make every event a success.

**3) What is the main focus for you during the organization of the event?**

That everybody has his or her responsibilities and run the event according to.

**4) What will be special during the next year event? Would you like to innovate something in the organization?**

I can not say that yet... but of course we would like every event to be remarkable.

**5) If you could choose any place on the planet where you would like to organize the event for our competitors, where it would be?**

In Dubai ☺!

**6) You personally and your team, are you regularly doing some sport activity (if yes, what kind?) and do you think it is important for you as a business people to be active and fit?**

Everybody from our team is active in sports such as tennis, volleyball, football (soccer) and hockey. Not only is it important to practise sports for your health, it also keeps you close to the practical side of sports. That's something you always need to keep in mind organising big events: What do the athletes want? What are basic needs, and what feeling do you want the athletes to get during an event.

**7) Something special you would like to say to readers of FISAF Newsletter?**

We would like to thank you for voting on us as organising party again. Like always, we will give the full 200% to make next year an even bigger success as Eindhoven 2010.



(Marc together with his team in Eindhoven 2010)



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# Looking back to FISAF WORLD FITNESS & HIP HOP CHAMPIONSHIPS 2011 – AUSTRALIA

by Roxanne Thew



2011  
WORLD Hip Hop  
CHAMPIONSHIPS



AUSTRALIA



From Roxanne Thew:

### 1) What was the happiest moment before, during or after the WCH 2011?

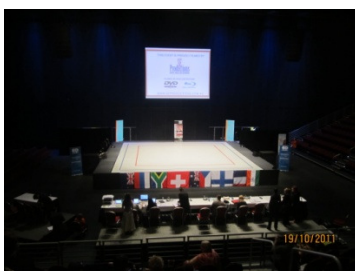
Coming back from Eindhoven and raising it was my turn next! We could not wait to welcome everyone Down Under. And then seeing the commitment from all over the World supporting the Event as the entries started to roll in. Later, during the event I was feeling the energy in the Venue and watching it all fall into place. After the event, listening to so many people said thank you and what a great Event it had been and realizing that we had pulled it off and everything had fallen into place smoothly!

### 2) What was the most difficult moment before, during or after the WCH 2011?

Before: Perhaps the frustration of so many countries failing to meet the deadlines which put a lot of pressure both financially and administratively on the LOC. It would be great if each country contributed to the success of the World Event, regardless of who runs it, by ensuring registration is in early, all funds are paid by the deadlines, and there is one contact person handling each countries detail. After: Saying goodbye to all, and closing off the Project with my team who had spent 20 months bringing it all together

**3) What would you do differently and what would you do the same way as you did it during the organizing the event?** I would not change a thing. Projects such as this are huge learning curves and every step is beneficial, even if sometimes it's a backward step before a huge leap forward.

**4) Something special you would like to say to readers of FISAF Newsletter?** We would like to say a huge thank you to all who attended. So many friendships were forged and the highlight was to put faces to names and welcome strangers, but say good bye to friends. FISAF Australia cannot wait to see all in the Netherlands for another great World. **Thank you for your answers and for your great cooperation.**





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## Main Office Staff

### Secretary General

Riitta Hämäläinen-Bister

### Office Manager

Minna Lauri

### Project Manager

Diana Klimentova Minarikova



## The Helsinki Olympic Stadium

The Tower of the Olympic Stadium was again officially open after the renovation 3rd of November 2011

Opening hours

Mondays to Fridays 9 a.m. - 21 p.m.

Saturdays to Sundays 9 am - 6p.m.

Entrance fees:

Adults 5€

6-17 years 2€ (under 6 free of charge)

Family ticket (valid for 2 adults and up to 3 children) 12€

Groups (more than 10 people): Adults 3€, children 1€ (a guide / tour leader / teacher for free)

Reduced ticket (students, pensioners, conscripts) 3 €

Additional benefits (Tower admission ticket discount):

- 2 € discount on Sports Museum adult entrance ticket (normal price € 5).



*The future plan illustration picture*