



FISAF INTERNATIONAL NEWSLETTER

WELCOME

Welcome to our Newsletter in 2024.

We are already in last quarter of the year, and we would like to share with you what we have been working on during the year and what we have planned for 2024 and later in 2025 and 2026.

The next General Assembly of FISAF International will be held on-line via Zoom in the first quarter of 2025 and besides the traditional agenda we will together elect the new president for next 4 year term (2025 – 2028).

Information advising how you can nominate will be released at the beginning of the new year.

Executive Committee and Supervisory Board members are also revising our Articles of Association, so they reflect more accurately the needs of our developing federation. Those changes will also be presented in time to all members.

AGENDA

- Sport Aerobics & Fitness
 - Department work
 - Judges Certification program
- Hip Hop Unite
 - Worlds 2024
 - Judges Certification program
- Plan of events for 2025 and 2026
- Education – plan for 2025

CONTACT US

Do not hesitate to contact us:

- For any ideas you may have to improve our events and activities, or just to stay connected

SPORT AEROBICS & FITNESS DEPARTMENT

The Technical committee of FISAF International are dedicated to the growth and development of Sport Aerobics & Fitness. We extend our sincere gratitude to each of these committee members for their active involvement this year.

There have been some changes to the Committee this year with nominations taking place earlier in the year and a new committee was formed.

A new structure was implemented this year with all members heading up a department and taking on extra roles. The members nominated a new Chair of committee and have all been working hard to implement changes and the goals we have set for the year.

Chair: Tracey Speville (Australia)

Rules & Regulations: Jana Hájková (Czech Republic)

Judging representatives: Conita Le Roux (South Africa) & Emanuela Abbate (Italy)

Social Media: Jeremy Delmotte (Belgium)

Member Education: Nathalie Schaefer (Switzerland)

Development: Claudio Franzen (Brazil)

The Major Committee projects for the 2nd half of 2024;

1: Finalise The 2025 Rules & Regulations

2: Create and Run a Judging Certification Program

3: Start creating educational materials to help assist members

4: Start putting together a development program for grassroots aerobics programs (schools) in our new member countries.

Judges Certification Program

The **Judging certification program** specifically has been a large project, and we are happy to report that we had more than 60 Judges register across our member countries. The program consists of 4 separate workshops covering all criteria of judging for both Sport Aerobics and Fitness. Once the workshops are complete (by December) all participants will have 3 months to complete the e-test exam.

This is such a positive step towards educating judges in each country which will further help countries by taking this information and passing it onto coaches and athletes.

A big thank you to the committee members and presenters who have worked tirelessly to put this together.





WHAT A BLAST- HHU World 2024 – 3rd Edition

Dear Members,

We are thrilled to share the incredible success of the HHU World Championships held in the beautiful city of Óbidos, Portugal! This year's event was truly a celebration of dance, culture, and community, bringing together over 1,200 dancers from around the globe to compete in 13 exciting categories.

Highlights of the Event:

- **A Warm Welcome:** We were honored to have the Mayor of Óbidos present during the Finals on Saturday, who shared inspiring words that set a positive tone for the entire event.
- **Cultural Showcase:** The atmosphere was electrified by a stunning Haka performance from New Zealand, showcasing the rich cultural diversity of our participants.
- **Urban Festivities:** The event transformed into an extraordinary urban experience, featuring vibrant urban shops, delicious food trucks, and an array of entertainment including deejaying, beatboxing, cyphers, showcases and engaging workshops.
- **Entertainment Extravaganza:** A special thank you to our sponsor, Pioneer DJ, who provided an external stage that hosted over 20 hours of non-stop entertainment. Their support was instrumental in making this event unforgettable.
- **Celebration Finale:** We wrapped up the championships with a huge party, celebrating the achievements of all participants and the spirit of camaraderie that defines our community.

This year's championships were not just an event; they were a blast! The cooperation between the HHU team, HHU Portugal and the city of Óbidos was exceptional, creating a seamless experience for everyone involved. We are proud to say that this was one of the best HHU World events to date!

Thank you to everyone who participated, supported, and celebrated with us. We can't wait to see you at our next event!



HHU Judge certification Program 2024

Dear Members,

Program Overview

The HHU Judges Certification Program commenced in August 2024 and has been a resounding success. With the final session scheduled for November 24th, we are excited to reflect on the progress made thus far.

Participation and Engagement

We are thrilled to report that over 40 participants have joined the program, representing nearly all our member organizations. Their enthusiasm and proactive engagement have been truly inspiring. Participants have been actively asking questions and contributing to discussions, which has enriched the learning experience for everyone involved.

Interactive Learning

Most sessions have been designed to be interactive, allowing participants to share their experiences and address any doubts related to the rules and regulations. This collaborative approach has fostered a supportive environment where everyone feels comfortable learning and growing together.

Community Spirit

It's heartening to witness the willingness of our participants to learn and connect, reinforcing the sense of family within the HHU community. Their commitment to becoming certified judges not only enhances their skills but also strengthens our collective mission.

As we approach the final session, we look forward to celebrating the achievements of all participants and the positive impact this program will have on our future events.

Thank you to everyone involved for making this program a success!

EVENTS 2025 AND 2026

EC members have been working through 2024 on the next Europeans and Worlds events for 2025 and 2026.

Europeans 2025

Sport Aerobics and Fitness Europeans will be held in Szeged, Hungary from 20 to 22 of May.
More information will be coming soon.

HHU Europeans 2025 will be announced shortly.

We are proud to inform you that next **Worlds will be in 2025 in Prague**, and both departments (sport aerobics & fitness and hip hop) will be back under the one roof like we did in Leiden 2017-19.

Venue: Královka, Prague, Czech Republic

Date:

21 – 23 October 2025 (Sport Aerobics and Fitness)

24 – 25 October 2025 (Hip Hop Unite)



We are proud to inform you that both **Worlds in 2026** are planned for **New Zealand**.

Hip Hop

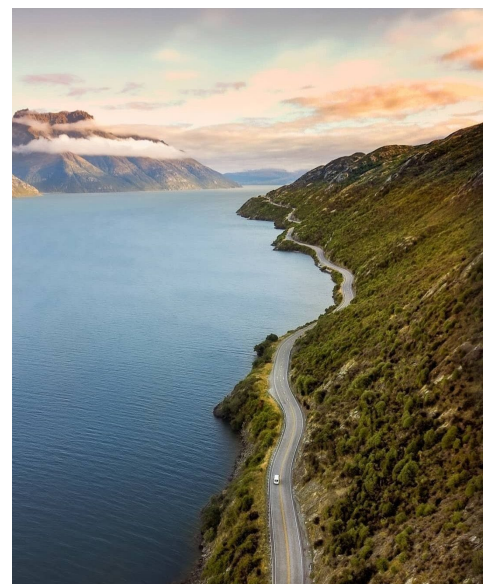
Venue in Rotorua

Date: 4 – 8 November 2026

Sport Aerobics and Fitness

Venue in Invercargill

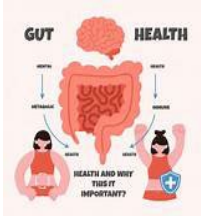
Date: 12 – 14 November 2026



Education update: October 2024

Although 2024 seems to be flying by at great speed, the past 10 months have been ones of many conversations on how to improve our Brain health, our Mental health, our own Physical health, our family's health, what to eat, when to eat, how to improve sleep....and so on!

Microbiome and Gut health have been a strong focus this year with fitness trends and influencers promoting probiotic rich foods and supplements that target gut health to improve fitness outcomes.



[Gut Health: A Lifelong Immune Journey - BioWhole Nutrition](#)

<https://www.youtube.com/watch?v=aEhrclZE1ZM>

Many people are now favoring Micro workouts, shorter high efficiency work outs (e.g HIIT) that fit into our increasingly busy schedules. These are made more accessible, specially online by AI as virtual trainers are often an affordable choice option to live coaches or gym memberships. People are realizing that physical fitness is an incredibly important part of maintaining functional independence as they get older, and training programs reflect that by focusing on compound functional movements, muscle strengthening, balance, and often striving for Longevity rather than aesthetics as an end goal. One incredible impact on our global Health and Fitness industry has been the introduction of GPT-1. GLP-1 is a vital hormone in the regulation of glucose metabolism and appetite. Its role in enhancing insulin secretion, suppressing glucagon, slowing gastric emptying, and promoting satiety makes it a popular drug for managing type 2 diabetes and obesity. Originally prescribed for diabetes management or weight loss under the supervision of a medical doctor, GLP-1s are now easily available to the masses and use of them has created a false perception of what it takes to lose weight in a healthy, sustainable way.



Social media continues to allow us to learn and study by making available many exceptional podcasts on research in the area of exercise science.

One very powerful podcast shared by a good friend, is discussing new findings on the topic of Exercise and the production of Lactate.

<https://www.youtube.com/watch?v=TGuPXGak5GI>

It has been a quiet few months for Education, with discussions with individual countries on how we can best contribute to their programs and national fitness industry. We continue to connect and work with possible new members and we are happy to introduce FISAF NEPAL (Gen X fitness recruitment and Training Centre) located in Khatmandu.

[Gen X Fitness \(@genxftn\) • Instagram photos and videos](#)



Exciting upcoming events for 2025

1. FREE PODCASTS/WEBINARS -Work is being done on a new round of free podcasts/webinars from experts around the world on a multitude of topics. We hope to launch our first podcast in the month of December. Please stay tuned! Please also consider a possible presenter from your country who may be interested. Also be sure to visit FISAF International Education on fb for clips on various topics of interest.
2. OCTOBER 2025 PRAGUE: Cross Conference with FISAF International and FISAF .CZ.

This Education event will focus on and review issues or concerns facing Sport and Exercise today. Examples are:

- a) Prevention of Negative Aspects of Sport, such as eating disorders which may develop due to pressures related to appearance and weight especially in aesthetic sports such as dance, synchronized swimming, skating and cheerleading where scores for artistry are tied to both appearance and weight related aspects.
- b) Understanding Social Physique anxiety (SPA) and psychological characteristics such as self-perception and self-esteem as developing adolescence are often influenced by the way some people react.
- c) Injury risks -where insufficient education and safe practices may exacerbate this issue.
- d) Inclusivity: Ensuring sports programs are welcoming and accommodating for children /youth with disabilities and diverse backgrounds.
- e) Gender Identity and Sport
- f) Coaching behaviors/quality and leadership.
- g) Ways to cooperate with schools and the community to enhance the idea of Sport for All.

We would love to hear your ideas and suggestions. Please share your ideas with us by emailing

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Let's Keep In Touch

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