



**International Federation of Bodybuilding & Fitness**  
Central America & the Caribbean area



## **New Year's Resolution**

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Everyone who knows me can confirm that the social phenomenon of sports has sustained my lifetime of enthusiasm and optimism. This destiny has allowed me to circumvent difficult moments, generating enjoyment and happiness beyond imagination.

Back in 2006, delegates at the Congress in Ostrava, Czech Republic, witnessed a video of our founder, Dr. Ben Weider, in which he announced his resignation as IFBB President but, simultaneously, advising everyone "not to worry"; as federation affairs would continue to be handled by a very capable and efficient staff.

That capability was dramatically tested during the Asian federation crisis in 2009, which propelled the creation of a more dynamic and efficient continental federation. During this conflict, numerous IFBB officials debated the reasoning behind the chain of events that engaged our involvement in this unpleasant episode.

Many argued about ego, others on bad faith, a few contended on mediocrity and entitlement; while only some proposed elitism as the culprit.

Although ego, bad faith, mediocrity, elitism, entitlement, etc., are eminent personality patterns; they have no place in sports, in business or in any human endeavor. Unfortunately, people who do not understand sports will never be able to appreciate its social repercussions as a galvanizer of common causes.

As my New Year's resolution, I urge the IFBB to continue its vigilance of institutions and/or individuals depicting the disclosed conduct, so as to avoid **history** repeating itself.

I also take this opportunity to convey to you and your loved ones my very best wishes for a joyful, healthy, peaceful & productive 2011.

