



# Functional Sports League Ghana Recognized as National Governing Body for Functional Fitness in Ghana

*Accra, Ghana March 29, 2023:*

Today, the International Functional Fitness Federation (iF3) announced its recognition of the Functional Sports League Ghana as the national governing body for competitive functional fitness in Ghana. Charles Owusu-Ansah, President of the Functional Sports League Ghana, announced, “developing functional fitness and making it a household name in Ghana is our top priority.”

He went on to explain that, “our immediate focus is to be able to compete at the local and international levels, building formidable clubs and subsequently forming a National Team. In the not too distant future, the Federation will organize training programs for coaches, judges, and technical officials to be able to align with international standards.”

The Ghana Federation is now eligible to register athletes for iF3 international events. This season they are eligible to enter athletes in Masters and Junior Worlds in Canada in October, and Worlds in Norway in November.

More information about the work of the Ghana Federation is available at on their Facebook page Functional Sports League Ghana FSLG.

Owusu-Ansah expressed his excitement about the future saying, “functional fitness has come to stay and is going to develop not only as a competitive sport in Ghana, but also as a medium to promote active lifestyles to combat preventable sicknesses in corporate bodies, homes, primary, secondary and tertiary institutions.”

Gretchen Kittelberger, President of the International Functional Fitness Federation, commented, “We are very excited to welcome the federation in Ghana to the iF3. Functional fitness is still very much a developing sport in Ghana and much of Western Africa in general. We look forward to working with Charles and his team as they begin to develop formalized governance of the sport in Ghana.”

## **More Information:**

Functional Sports League Ghana is the national governing body for competitive functional fitness in Ghana. It is a non-profit organization headquartered in Accra, Ghana. For more information, please visit their facebook page Functional Sports League Ghana FSLG.

International Functional Fitness Federation (iF3): iF3 is the international governing body for competitive functional fitness. iF3 is a 501(c)(3) non-profit organization made up entirely of volunteers who work to serve the best interests of the sport and athletes.

To learn more about iF3, or to donate, please visit: [www.functionalfitness.sport](http://www.functionalfitness.sport)