



Fitnes Zveza Slovenije Announced as the National Governing Body for Functional Fitness in Slovenia

Ljubljana, Slovenia, June 26, 2023

Today, the International Functional Fitness Federation (iF3) announced its recognition of the Fitnes Zveza Slovenije (FZS) as the national governing body for functional fitness in Slovenia. Nataša Teran, President of FZS, announced, *“We are more than happy to be a part of international functional fitness community. Together, with our joint efforts, we will change the outlook of individuals and make sure that functional fitness is a part of their everyday life.”*

Teran went on to explain that, *“A Fitness federation of Slovenia will do the first functional competition in our country and we know, that this will be only the first step of implementing functional fitness to the lifestyle of the Slovenian people.”*

FZS is now eligible to register athletes for iF3 international events. This season they will have quota spots allowing them to send athletes to Masters and Junior Worlds in Canada, and Worlds in Norway.

Teran expressed her excitement about the future saying, *“Functional fitness represents an important base in sports. Due to its nature, basically everyone should be able to perform it, as it is one of the few sports that have relatively few injuries.”*

Gretchen Kittelberger, President of the International Functional Fitness Federation, commented, *“We had initial conversations with Fitnes Zveza Slovenije about joining the iF3 several years ago, but at the time there was also interest from another group wishing to become our National Federation in Slovenia. Recently, FZS approached us again about the possibility of joining the iF3. With the potential conflict no longer an issue, we were happy to resume discussions with FZS and accept them as our National Federation in Slovenia. FZS is also a member of the Olympic Committee of Slovenia, which is an important step for recognition of the sport within the country. We look forward to working closely with FZS to grow functional fitness throughout Slovenia.”*

Web: <https://fitnes-zveza.si/>

Instagram: https://www.instagram.com/fitnes_zveza_slovenije/

Facebook: <https://www.facebook.com/fitneszvezaslovenije>

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