

# **AFGHANISTAN PRODUCING GREAT CHAMPIONS**



Yousof Sakhi Light Heavy Wt. Champion of Afghanistan

**KABUL the city of the Islamic Republic of Afghanistan is moving towards a healthy life style with so many modern gyms equipped with the best fitness equipments. So much so, they are now producing great bodybuilders in all weight classes to participate in the South Asian, Asian and World Bodybuilding Championships sanctioned by the WBPF, ABBF and SABBF.**

**According to Mr. Ismail K. Hotak, Secretary-General of the Afghanistan Bodybuilding and Fitness Federation (AFBBF) the sport of bodybuilding is now very popular throughout the country as more and more young people are pumping iron to**

**keep fit and healthy and also to take part in bodybuilding competitions. Mr. Hotak is an optimist and he is confident that Afghan bodybuilders will be able to win major titles in the regional, continental and world championships within a year or two.**



Picture from left: Yousof Sakhi the great champion bodybuilder of Afghanistan, Ismail K. Hotak, Secretary-General of AFBBF, Christina Kam and Datuk Paul Chua

**One of their top athlete Yousof Sakhi is aiming to win this year at least one major title in the 90 kilograms – Light Heavy Weight category. He is training hard with blood – sweat and tears to make his dream come true. He won the national title and was placed 2<sup>nd</sup> last year in the South Asian Bodybuilding Championships held in Ludhiana, Punjab (India).**

**The Islamic Republic of Afghanistan Bodybuilding and Fitness Federation is recognized by their Olympic Committee and receive monetary support for international competitions.**