

# MAN OF THE MONTH FOR APRIL VITTORIO PANZERI – ITALY



Vittorio was born on March 8, 1951 in Costa Masnaga a small town near Lecco where he is living right now with his family.

He is Pisces under the English horoscope and Rabbit under the Chinese Zodiac sign. Rabbit people are happy, gifted, refined and ambitious. They also know how to draw others' attention and are great mixers in any social gatherings. The typical Rabbit will be submissive, even humble, in a constant effort to avoid confrontations. Rabbit is an excellent judge of character, with an instinct for recognizing sincerity in others and an almost uncanny ability for sensing falsehood.

Vittorio started training bodybuilding at the age of 14 years using weights which is bulky and weigh only 60 kg. He was a film lover and watched films of Maciste. He was a great fan of Steve Reeves and admired the beautiful physique of this movie star and bodybuilder. Steve's physique stimulated Vittorio to train with weights to achieve a nice body. It was rudimentary facts for him as there were neither proper training tips nor exercise charts in the booklets, only few bodybuilding basic exercise photos.

All these did not deter him; he continued hard training for several years and in 1973 he began to compete. He exercise diligently until 1985 and gained 95 kg of bodyweight. Vittorio won many grand prix contests and came as finalist in numerous times of the Italian Championships.



In 1986 Vittorio was responsible as the head of the Judges Committee of the FIACF (Italian federation).

He operated a small gym for athletes preparing for amateur competitions, and in 1990 he opened a pretty good gym where he worked with his wife Victoria . In addition in operating his gym, he was actively committed in organizing and promoting the sport of bodybuilding and started organizing numerous professional IFBB Grand Prix-Molteno-Salso Maggiore-Milan-Rimini. He also hosted the first IFBB European Fitness Championship Sports Show in Genoa and the Women's and Mix Pairs World Championship in Rimini as well as many other competitions.

In 1990 during the Men's World Bodybuilding Championships and Congress held in the city of Kuala Lumpur, Malaysia, Vittorio met Victoria Anthony Ranee at a pharmacy store next to the Pan Pacific Hotel. It was love at first sight and the following year they were married.

Vittorio have three beautiful children, Victor 14, Vanessa 11 And Veron 6 Years Old. They are happily married for 21 Years.

In 1994 he became the national president of the IFBB-ITALY and also the publisher and editor of "Flex Italia Magazine" official organ of the Italian Federation. Vittorio worked very hard for the sport which he loved in a clean way till 2002 when the international federation applied high powered pressure to divide and rule and not paying attention on health of the athletes has caused a disastrous effect on Italian bodybuilding as a whole. He kept on working for the love of the physique sport and promoted natural and fitness for the young children as he felt that they are the future generation for our sport of bodybuilding and fitness.

When the World Bodybuilding and Physique Sports Federation (WBPF) were founded in the year 2009 he read the motto of the federation and its goal and enthusiastically joined this federation.

He quoted: "I am sure that this new federation (WBPF) wisely led by Datuk Paul Chua will be able to bring our sport to the level of appreciation it deserves".

Vittorio enjoy listening to classical music, and his favorite singers are Adriano Celentano and Gianna Nannini.

His hobby in sport is basketball, tennis, table tennis, cycling and football and lately with the help from his wife Victoria Ranee he founded and formed the Italian Federation of Sepak Takraw (FISe) and holding the position as the President of this great Asian sport.