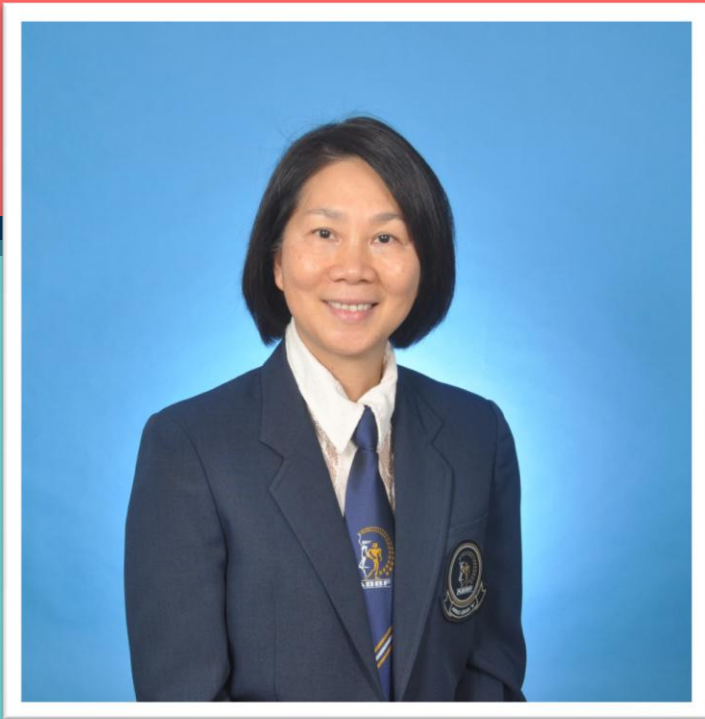


# WOMAN OF THE MONTH FOR MARCH 2014 INES YEUNG SAI IP OF MACAO



Ms Ines Yeung Sai Ip, Chairman of ABBF Women's  
Committee - Macau China

Yeung Sai Ip (a.k.a Ines) is a self made lady. Diligent and hardworking and see things very positively in all aspects of life. She was born in Macao and remains single.

She keeps fit and trims by watching what she eats and the right amount of food intake each time. She is not fussy about food and eats all kind of dishes, a very down to earth lady.

Ines favorite color is white.



Datuk Paul Chua, Secretary-General of ABBF and WBPF,  
Ms Ines Yeung Sai Ip, Chairman of ABBF Women's  
Committee - Macau China

She past time by watching movies to get some inspiration and here again she is not particular about the kind of movies. A very simple life she leads.

She loves music and has been playing piano for a very long time, and her favorite singer is Nat King Cole.

Ines loves sports and she was a member of the Macao Badminton team and participated in many international tournaments over the years. She served as the President of the Macao Badminton Association for ten years.

Presently, she is the Chairman of the Macao Bodybuilding and Fitness Association and she also holds the following positions in other organizations:

1. President of Macao Public Administration Association
2. Minister of Women's Committee of Federation of Macau-China Sports General Associations
3. President of Macao Tong Nam Alumni Association
4. Advisor of Macao Templo Na Cha Association

Ines was elected as the Chairperson of the ABBF Women's Committee in 2011 in Bangkok, Thailand. This is an Executive position and her valuable contributions are highly admired by the Executive Council of the ABBF and members of the affiliated federations.

**Question: You were elected as the Chairperson of the ABBF Women’s Committee in 2011 in Bangkok – how do you feel about it?**

“First of all, thanks a lot of ABBF’s trust. I think I should observe and study from many aspects as a new member, can fulfill the obligation of the work as soon as possible. At the same time, such personal honor is in nature testimonial of the MBFA’s efforts in promoting Bodybuilding, Fitness and Physique Sports and its contributions to building closer ties between Macao China and Asian countries.”

Macao has a lot of international gyms, practically in every hotels there is a gym and the sport of bodybuilding is getting momentum slowly but surely, and there is a great room for development. There is a great deal of interest amongst women for fitness and there is a great potentiality of development in this field.

Ines mixes freely with all members of the ABBF and WBPF whenever she attends the Championships and Meetings and feels very comfortable mixing with each and everyone. According to her it is a harmonious big family.

**What is your ambition?**

“Macao Bodybuilding & Fitness Association is a non-profit and non-governmental sports organization with the aims to promote, develop and enhance the level of sport of bodybuilding in this Territory. We have established the Macao bodybuilding team, to train sports talents in accordance with fixed training program. Through a variety of teaching channels to promote the proper way of use of fitness

equipment, amount of exercise, nutrition knowledge, dietary calculations, weight control and other methods to improve physical fitness, physical optimization, thus expanding the professional training effect.

At the same time, we organize referee training programs and established an international referee team, in order to standardize annual activities plan and organization of the Macau Open Bodybuilding & Fitness Championships. We actively participated in the East Asian, Asian and World and other International Bodybuilding and Fitness Championships and annual Congress organized by the WBPF and ABBF.

Through continuous efforts and practice, over years, the Macau Team had made certain achievements in international competitions; while our President Mr. Che and I were recognized by our colleagues of ABBF, and were elected respectively as Vice-President and Chairman of the Women's Committee of the ABBF.

Despite the happiness of receiving such honor, we are not complacent. In the year to come, we will continue to work in cooperation with the Macao SAR Government in the implementation of policy objectives. We will make revisions on the Macao Bodybuilding & Fitness Association Charter according to the Sports Law of Macao, and make full preparation for the coming 2014 (48<sup>th</sup>) Asian



Prize Presenters from left :

Ms Ines Yeung Sai Ip, Chairman of ABBF Women's Committee - Macau China and Ms. Christina Y.Kam, ABBF Chairman of Judges Committee

Bodybuilding, Fitness and Physique Sports Championships and Congress to be held in Macao, in order to make the MBFA a world class comprehensive Association on institutional. Rooted in Macao, we strive to train more talents to serve the local community.

Macao is a small city famous for its prosperous gambling industry. But besides of casinos, one could also find a lot of western and Chinese historical buildings and constructions, specially the 25 World Heritages, where you can feel the harmony between East and West cultures.

Using this opportunity, in the name of MBFA, I wish that the friendship among various countries will bloom in full and splendor through this competition. And all of you are welcome to Macao! See you all this year in Macao, thank you. My heartfelt thanks to all.