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## Bodybuilding serious about anti-doping

The sport of bodybuilding has taken another step towards pure performance with Australasian Natural Bodybuilding (ANB) adopting a new anti-doping policy approved by the Australian Sports Anti-Doping Authority (ASADA) on 25 May 2010.

Bodybuilders competing at this weekend's 2010 ANB Asia Pacific International Championships on the Gold Coast will come under the new policy, which for the first time will be compliant with the World Anti-Doping Code.

The adoption of the new anti-doping policy by the ANB means that their athletes gain the same benefits (health, fairness and equality) that other athletes around the world get by competing under a harmonised and internationally recognised World Anti-Doping Agency (WADA) compliant anti-doping policy.

The ANB now joins two other major Australian bodybuilding organisations, the International Natural Bodybuilding Association and the World Natural Bodybuilding Federation, to be governed by a WADA compliant anti-doping policy.

ASADA congratulates the ANB on the adoption of their new anti-doping policy and for their efforts to ensure athletes can compete in a sport free from doping.

ANB National General Secretary, Ron Ziemiecki said, "The ANB was founded on the principles of fair play and this new anti-doping policy is a further step we've taken to ensure that all competitors compete equally without fear or favour and in a natural condition without the use of banned substances.

"I encourage all ANB members and intending members to visit the ASADA website ([www.asada.gov.au](http://www.asada.gov.au)) with its world class education section, 'Check your substances' tool, as well as many other useful features," said Mr Ziemiecki.

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