



## Rockstone floors young fighter in MMA thriller

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• Arsenal Manager Mikel Arteta wants Thomas Partey to extend his stay



• Jerry Afriyie will be at the heart of Ghana's campaign in Egypt

# Satellites to fight for World Cup spot

## — Assures coach

Story: Peter Sarbah

**G**HANA'S Black Satellites are gearing up for a do-or-die battle tonight as they

face defending champions Senegal in a crucial Group C clash at the TotalEnergies U-20 Africa Cup of Nations (AFCON) in Egypt — with

progression to the next round and a prized FIFA U-20 World Cup spot hanging in the balance.

Having salvaged a 1-1 draw against DR Congo in their opening fixture, the Ghanaians are under pressure to deliver a result that will breathe life into their campaign. Satellites Head Coach Desmond Ofei insists his charges are ready to rise to the occasion and shift

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# Arsenal hold final talks with Partey

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## Voice of Graphic SPORTS

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# Go-Fit Ghana is a national wake-up call we can't afford to ignore

GHANA has taken its first bold steps towards a healthier future — and not a moment too soon. With the official launch of the Go-Fit Ghana campaign, spearheaded by the Ministry of Sports and Recreation, the nation is finally putting fitness and healthy living where they belong: front and centre of national discourse. At a lively May Day Sweat Fest in Dansoman's Karikari Park, a clear message echoed through the pounding music and rhythmic stretches: a fit Ghana is a strong Ghana. Speaking on behalf of the Minister, Kofi Adams, the Ministry's Chief

Director, William Kartey, laid down the gauntlet — challenging all Ghanaians to embrace active lifestyles for their personal well-being and the collective strength of the nation. A healthy nation is a wealthy nation, he rightly declared.

And he is absolutely right. The cost of inactivity is not just borne by individuals in the form of heart disease, diabetes, and obesity — it is borne by the entire nation through increased healthcare spending, decreased workplace productivity, and weakened national output. This campaign comes at a crucial moment when Ghanaians, like much of the world, are grappling with the growing burden of non-communicable diseases that threaten to overwhelm public health systems.

Yet Go-Fit Ghana is not just about dodging disease. It is about creating a new national identity — one in which physical activity, healthy eating, and mental wellness are embraced as essentials rather than afterthoughts. It is the vision of Charles Owusu-Ansah, President of the Functional Sports League Ghana — is refreshingly ambitious. It promises to make fitness accessible and enjoyable through nationwide power workouts, workshops, competitive events and an awards gala to celebrate Ghana's fitness heroes. Its inclusive approach,

drawing keep-fit clubs and enthusiasts from all walks of life, signals a movement with real grassroots momentum.

But here's the catch: enthusiasm alone won't sustain this revolution. The Ministry must go beyond ceremonial support and commit long-term resources to ensure this campaign endures. That means consistent funding, policy backing, infrastructure development, and integration into national health and education agendas.

Why? Because the benefits stretch far beyond toned muscles and lighter waistlines. The minister pointed to the trillion-dollar global sports economy — a booming sector ripe with opportunity for a nation like Ghana. If we play our cards right, fitness won't just make us healthier; it could create jobs, spark innovation, drive tourism, and build a brand for Ghana as a regional fitness and sports hub.

This campaign is more than a passing trend. It is a movement of national importance, and every citizen — from policymakers to parents — must play a role. Let us seize this moment. Let us move, sweat, stretch, and rise — together.

Because in this race, the finish line is a healthier, wealthier, stronger Ghana.

# How rejection fuelled Mourinho's second Champions League triumph (II)

"It was a moment for unity - a family moment.

"I once said I would throw myself into a fire for Jose Mourinho. Our relationship was not merely manager to player or manager to captain, it was much more. It was a very strong human bond, and it always will be.

"Those two years were very significant for me and for him... and will remain in our hearts forever. He taught us so much and he made us believe that we could make history, and we did."

Zanetti's "remain in our hearts" sentimentality is not something you'd naturally associate with Mourinho's ruthless pragmatism.

After both of his Champions League triumphs the Portuguese manager was in a new job within weeks, first time round moving to Chelsea and, in 2010, leaving for Real Madrid.

Once more, it was a realpolitik that punctuates the Portuguese's career - and would sit well with the realism of Hardy. Getting the job done, and then moving on to pastures new, when you are at the peak of your powers - both managerial and financial.

But in How to Win the Champions League: Jose Mourinho, behind-the-scenes archive footage from the Bernabeu - in the immediate aftermath of the 2010 Champions League final - shows a different side of Mourinho.

The footage shows the Portuguese

manager being driven out of the stadium, past a team bus he'd rushed off minutes earlier with barely a word. He's leaving immediately, with a move to Real Madrid in the offing.

However, when he spots one of his key generals, Marco Materazzi, he's unable to make such a cold exit. Mourinho gets out of the car and the pair share a tender, tearful embrace before Mourinho goes back to the vehicle and ultimately turns his back on Inter.

His next public sighting was when he was announced as Madrid manager nine days later.

On the face of it the speed of this turnaround suggests Inter was a mercenary means to an end rather than a seminal moment.

The tears, and Mourinho's account 15 years later, tell a different, more sentimental tale.

"I ran away - I went to the bus to say goodbye, and I didn't even

shake one hand," Mourinho says.

"I wanted to escape. I think if I get on to the bus, if I go back with them to Milan, if I walk into a full San Siro, if I walk into the Duomo [Milan Cathedral] full of people, I think I wouldn't go to Real Madrid.

"I think the emotion would stop me to go.

"But I wanted to go. I thought it was the right moment. I had to escape.

"Marco was there. If instead of Marco it was Dejan Stankovic, or Diego Milito or Julio Cesar, it would have been the same story."

In many ways the duality of that moment defines Mourinho, and the question of how he won his two Champions League titles.

Creating a fiercely loyal relationship with his players off the pitch which ensured the side that stepped on the field would be comfortable both running through walls, and with their backs to the wall.



• Jose Mourinho

Fifteen years later Mourinho may have mellowed slightly. His man-management skills and star quality may have waned too.

But the ego, confidence and pride in his career-defining Champions League victories remains as strong as ever.

As Mourinho pointedly remarks, both his Porto and Inter triumphs have not been repeated.

"Why am I now here speaking with you?," he says.

"It is not because I am now at Fenerbahce, or because I won the Premier League with Chelsea.

"It is because I am a double Champions League winner. That is the reason.

"I think there are other teams and clubs that when you do it, other guys [managers] then do it.

"I do this season. You do next season.

Three years later, another will come and then people will be even confused in which season you won it.

"You go to Real Madrid, to Barcelona, to Manchester United, to these big teams and maybe people don't have the same feeling.

"But you go to Porto and you go to you go to Milan and everybody knows.

"2004 Champions League winner, 2010 Champions League winner.

"Who was the coach? Mourinho."—BBC