The Royal Moroccan Federation of Aerobics, Fitness, Hip Hop and related sports (FRMSAF) was born in 1996 by Selma Bennani, current president of the Federation and the greatest exponent of this field in Moroccan territory. Previously, this sport did not exist in Morocco but after the creation of the Federation, fitness became a social motor and promotion of physical activity for the whole population, attracting younger audiences through practices such as hip hop and its associated disciplines.

The Federation is a promoter of fitness as a health sport and creator of physical and social wellbeing in the territory. Another objective of the Federation is to raise Morocco to a level of competition beyond its borders and thus be able to represent the country in the different activities that are carried out internationally, becoming one of the main powers in this field.

The Federation's horizons focus on establishing aerobic and fitness sports in schools, encouraging the opening of clubs in disadvantaged neighbourhoods to schedule regular activities as well as creating a program through the media aimed at working women at home and allow them to do their physical conditioning session at home.

The most identifying feature of the Federation is the fact of making its discipline a means of social reintegration through different actions aimed at various groups of the population of the country. For example, some young people from disadvantaged neighbourhoods have found in the programs of the Federation a reason for being and a future profession, among other benefits, since the Federation trains them for free. Thus, the young people of this group, who in many cases were in precarious situations without being able to access even the schools, have had the opportunity to become coaches and athletes. Most importantly, they have found a source of income for their families, improving their standard of living and collaborating in the eradication of juvenile delinquency and social exclusion.
On the other hand, the Federation has included this sport in the penitentiary to offer those with short detention periods the opportunity to practice sport and to take interest in this field, and to become future aerobics coaches. In addition to the advantages of physical activity, this program has also helped to reassure, reduce violence and create satisfaction among prisoners.

Another group that the Moroccan Aerobics Federation works with are the prostitutes who, although their reintegration into society requires the participation of psychologists, social educators and medical assistance, the energy and work of the members of the Federation have made the change possible. Also, it should be noted that a large part of women who were engaged in prostitution, have been able to leave this practice and be trained by the Federation, becoming aerobics coaches and currently dedicating themselves to this sport. Thanks to this initiative, they have seen their way of life transformed and they have been given the opportunity to improve their physical, mental and social well-being.

The results and the experience during all these years, demonstrate the breadth of the focus of social transformation and human development through the values that these sports disciplines bring. The Federation stands out as an organization that focuses its efforts on citizenship, participating in the progress and growth of Moroccan society.

Here are some of the most outstanding figures of the Aerobics Federation, which appear sports successes and the organization of different competitions:

- 2 world championships organized in Agadir in 2001, helping the development of national tourism.
- 5 fitness festivals.
- 15 national competitions.
- 14 international medals.
- More than 70 national courses and trainings.
- More than 80 regional workshops.
- 170 international coaches.
- Annual organization of the National Championship and the Throne Cup.
- Annual organization of 9 training sessions for coaches, fitness instructors and athletes.

These data shows that internationalization is present in these disciplines. It should be noted that at the Olympic Games in Paris 2024 the break dance will be an Olympic discipline, so these modalities may live a moment of hatching at the level of international competitions and in the increase in the number of athletes. The celebration of these Olympic Games should be an opportunity of dissemination so the projects such as the Moroccan Aerobics Federation are known worldwide and serve as an example for the social transformation of certain groups.