

# MAN OF THE MONTH



Ahmed Ameen

**General Secretary  
Bodybuilding Federation of  
Maldives**

Getting to Know

# Ahmed Ameen



Ahmed Ameen (known as Ameen among his family and friends) was born on 19<sup>th</sup> October 1979, in Maldives. He is also married to a beautiful lady named Laila Laurella who is a mother to his three precious gems; one son and two daughters. Apart from being actively involved in bodybuilding, he also has his own business.

Getting to Know

# Ahmed Ameen



to start it off, Ameen was never a bodybuilder. He saw bodybuilding as a disciplined sport that has its unique difference than any other sports. Having bodybuilding idols of local and world levels like Adil Mohamed from Maldives and Sazali Samad from Malaysia as his motivation, has taken a big step in his lifestyle and career.

Ameen got himself actively involved in bodybuilding industry at the age of 28 in year 2007.

Getting to Know

# Ahmed Ameen

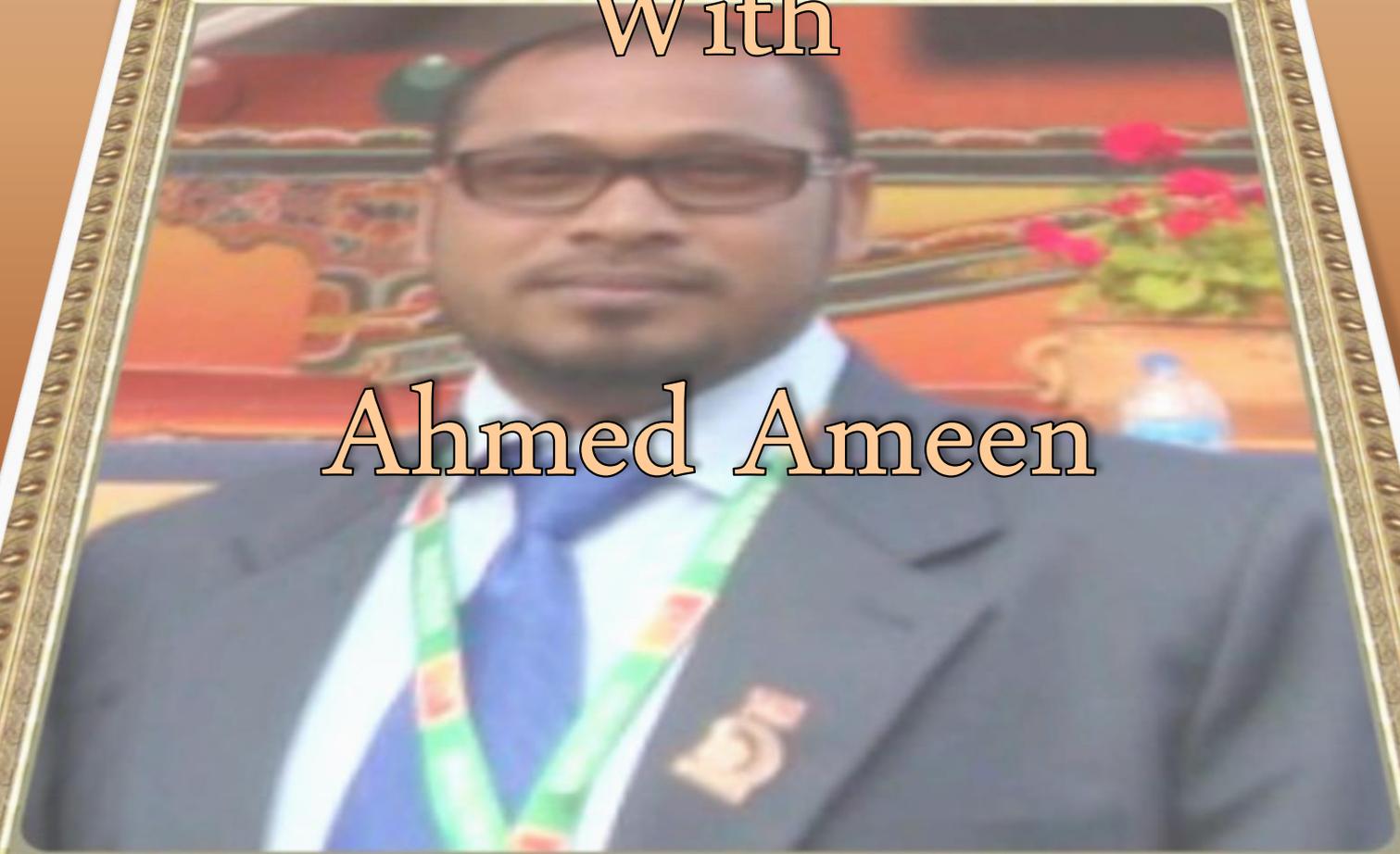


Just like any other ordinary person, Ameen has his favorites too. His favorite food would be Spicy Tuna Fish Soup with White Rice whereas his hobby would be weight lifting and his favorite genre of music would be Rock. At the same time, having his own gym, doesn't stop Ameen from having his regular exercises at his favorite gym called the Xtreme Fitness Gym located in the beautiful heart of Maldives.

# Q&A SESSION

With

Ahmed Ameen



Q. When was your federation established, what is the name of your association and has it been renamed recently?

A. It was established in 1995 and it is still named as Bodybuilding Federation of Maldives, no renaming was done since then.

Q. When were you first elected as the General Secretary of your federation?

A. I was elected in the year 2010

Q. Is your association recognized by your Ministry of Sports & NOC?

A. Yes it is

Q. How many athletes and club members are there in your association

A. There are in total 32 athletes and 4 clubs

Q. Has bodybuilding become a popular sport in Maldives? What are your plans and objectives in promoting the sport?

A. It is growing popular among the Maldivians and I plan to take our Maldivians bodybuilders to the top international level and strive to achieve goal medals in the near future championships.

Q. Are you an international judge and how many competitions have you officiated so far?

A. Yes, I'm the Asian Bodybuilding & Physique Sports Federation (ABBF) Judge Category "B"

Q. Do you have future plans to organize any regional or international championships in Maldives?

A. Yes maybe the South Asian Championships in Maldives within these 1 to 2 years' time.

Q. Are you an international judge and how many competitions have you officiated so far?

A. Yes, I'm the Asian Bodybuilding & Physique Sports Federation (ABBF) Judge Category "B"

Q. What are your opinions on the ABBF & WBPF leaders based on their behaviour and cooperation towards you and your association?

A. They are the best leader ever and well cooperative. Especially Datuk Paul Chua, who manages every different types of personal and situation in a very amicable manner making it a peaceful environment in the bodybuilding industry.

Q. Do you have any other comments that wish to make in order to advance the Sport of Bodybuilding universally?

A. I like to thank our team. As well as the captain of the this big ship; Datuk Paul Chua and his team for doing such a great service to this wonderful sport. God bless him and Long live. Thank you Dad.

