

MAN OF THE MONTH FOR DECEMBER



Peter Sebestyén from Hungary

1. NAME:

Peter Sebestyén

2. ANY NICKNAME

Sebi (ShaBe) the FixMAN.

3. WHERE WERE YOU BORN?

*I was born in Budapest (Capitol of Hungary)
and I am a Hungarian Citizen*

**Peter Sebestyén with lovely wife Ildiko
Buranits, who is also WBPf Chairperson
of Women's Committee**

4. HOW MANY ARE THERE IN YOUR FAMILY?

I have the most beautiful wife whom might all of you known, as Ildiko Buranits. We will celebrate the 15th Anniversary of our marriage in the next year.

5. DATE OF BIRTH

I was born on 9th of December 1966. My Zodiac is the “Sagittarius” then “Fiery Horse” according to Chinese zodiac which is quite rare and repeats in every 60 years only. The Fire Horse is the most important or noteworthy figure in Chinese astrology. In fact, this Horse is only one of the sixty main astrological combinations and should be viewed as such. No one, not even the Fire Tiger, can surpass his in optimism, enthusiasm, blind faith, and courage. If anyone is able to move mountains, it must be he. Extremely brilliant and terribly efficacious, he detests mediocrity and failure, and his achievements are generally equal to his inordinate dreams. Good luck often seems to be on his side.

6. HOW YOU GOT INVOLVED IN BODYBUILDING AND WHO INSPIRED YOU?

I started to be poisoned about this Sport by the time when I met with my wife Ildiko. That time she was already contributing this sport by sponsoring the one of the most talented Hungarian Athlete, Jeno Kiss.

Who became later IFBB Pro as chosen as a most successful Hungarian Bodybuilder Athlete (Wikipedia). Then we started to organize together with Louie Koncz and Zoltan Kelemen the first IFBB Pro Grand Prix in 2000 which followed by 7 more Pro event in 4 consecutive years. During these Pro events I had a chance to get friendship with Flex Wheeler who has described and opened me this sport a lot. I remember when he explained the hardness and difficulty of this sport where you have only one Enemy you have to fight against which Enemy is Yourself. This sport is decided in your mind and not in the Gym. I do never forget his motto: "DARE TO DREAM "I am still following and doing my things according to this motto.

7. PROFESSION AND EDUCATION?

I am a business man who has graduated in University of Economy and having MBA degree. Currently I am the Vice President of Samsung Russia in Moscow. I am familiar with different languages by communicating in English fluently, Russian well, German and Italian basics.

8. ARE YOU A BODYBUILDER, IF NOT, WHAT OTHER SPORTS DO YOU PLAY?

I am doing sport since my childhood when I started to swim at 6 years old then played basketball for another 25 yrs. I do also like to play tennis and eager to try golf sometime.

9. DO YOU DO WEIGHT TRAINING AND HOW MANY TIMES A WEEK AND IN WHICH GYM?

Yes, I do. I am having training 4 – 5 times per week. Recently I have changed my Gym and currently I am doing work out in the latest and most equipped professional Gym in Budapest, called “FITNESS & MORE” where you can get very special medical treatments, especially designed for your Spine.

10. DO YOU HAVE A PERSONAL TRAINER WHO DOES YOUR TRAINING PROGRAM?

For sure. Maybe you will wonder but Peter Molnar is my personal trainer. We decided to do work out together since a year. I can tell you since that moment my body has started to transfer a lot which I have never experienced before with other trainers. He is also taking care of my diet as well.



11. SINCE WHEN YOU WERE ELECTED AS THE PRESIDENT OF THE WBPF HUNGARY?

From the very beginning when our WBPF Hungary was established in 2009. I have got a prestigious position as a Vice Treasury in the European Federation (EBPF) by 2010.

**Peter Sebestyen with
Datuk Paul Chua,
Secretary General of
WBPF**

12. HOW MANY COMPETITIONS YOU ORGANISE PER YEAR IN YOUR COUNTRY?

We are very keen to grow year by year but we are not doing it for the quantitative growth without qualitative improvements. Keeping our promises is the key and most important for us. We have promised to our athletes' clean and fully transparent operation in a friendly and fair competition environment. We have organized the following events since 2010:

- 1 National Championship (2010);*
- 1 European Championship,*
- 1 National Championship (2011),*
- 1 World Cup,*
- 1 European Championship by giving Support to Romanian Federation,*
- 2 National Championship (2012),*
- 1 World Championship,*
- 1 Grand Prix,*
- 4 National Championship (2013).*

All together 12 WBPF events were organized by us in last 4 years....and we will continue in 2014. Nobody can stop us!

13. WHAT ARE YOUR GOALS AND PLANS FOR THE FUTURE OF BODYBUILDING AND PHYSIQUE SPORTS IN YOUR COUNTRY?

I have several goals, plans and ideas. We are always seeking for new ideas and ways to develop our Federation further beyond Tomorrow. There is NO General who can win any Battle without his strong Army. Therefore we need a strong team with full of enthusiast person who are dedicated to this sport and willing to take any challenges. I do proudly say that we are having such a Team by now and luckily we found the most talented and powerful people who are working hard for our Hungarian Federation. By having such a team we can start to open to the Country side. We're very strong in Budapest and Eastern side but we still have opportunities on the Northern and Western side of the Country. We need to widen the range of athletes who can participate and compete in our event. These athletes are also representing the healthy and sport living and actively doing work out in the Gyms but they are not willing to be a Bodybuilder or having no existing age category in our rule at this moment. Therefore we have developed new disciplines as a Men Sport Physique and Women Sport Model Physique which hopefully will be accepted by our Executive Board very and Congress very soon then could be a part of any competition in the future. Moreover we created new Age categories for Women Model Physique where we have more and more athletes from over age of 35.

Currently these Ladies are having a disadvantage to compete with athletes in 20's. By creating new age category which we are not calling as a Master like in other disciplines but called Ladies which sounds more elegant and gentle. Last but not least we are also thinking about the future, beyond on Tomorrow. Next year we will start to organize competitions for the new generation of kids. At the same time we believe that we can generate new comers only if we are strict to our main principles as honest, integrity and transparency. We can do it if our judging and scoring systems are fair and independent from any emotional decision. To keep this image we have to develop our scoring system and train our judges continuously. I am personally creating a new electronic registration and scoring system which is going to be connected globally very soon. This will provide an easy and accurate weigh-in and registration procedure and support a very fast and fully transparent scoring system which also able to give us immediate (on-time) statistics and evaluation about our judges. So we do have a plenty of plans which must be executed in the new year of 2014.

14. YOU AND ILDIKO TOOK THE CHALLENGE TO HOST THIS YEARS WBPF'S 5TH WORLD BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS, WHAT MADE YOU OR MOTIVATED YOU TO BRING THE WORLD EVENT TO HUNGARY?

We have been participated in all WBPF World Championships where we have got a great experience about the Warm Hospitality of the local Organizer. So, one of the reason was that we wanted to show about the Hungarian Hospitality and the way we are organizing these events in our Country. The other reason was to present our Federation's strength and power to whole Europe. Many athletes does know about us as WBPF via different reports and photos only what they get from different media sources only. As a fact that our previous World Championships were organized in Countries which are located far away from Europe therefore most of European athletes were not able to afford for the travel expenses. Europe geographically small but having lots of Countries and this continent is the cradle of Bodybuilding. This environment creates us extraordinary challenges what we have to tackle on every single day. By organizing the World Championship we have shown the strength and power of our Federation to many athletes from Europe. As a human being these athletes are behaving the similar way than any other people that "Seeing is believing". So we believe this event will provide us better chance to encourage and gather more athletes and more new Countries. As latest news after the Championship 5 new Countries has already indicated their willingness to join into our Federation.

15. DOES YOUR GOVERNMENT SUPPORT THE SPORT OF BODYBUILDING, IF NOT, WHO FUNDS THE ACTIVITIES?

Unfortunately according to an old fashioned law of sport that Hungarian Government could accept only one Federation as a Sport Federation under each sport. So we have never ever counted on such a support but we have created a very closed relationships with local City Government. The City of Budaors has seen a great opportunity and gives us their trust from the very beginning. Under their support we have organized 4 International Bodybuilding event in the City of Budaors which City is called as a Capital of Bodybuilding on these days in Hungary.

16. WHAT MADE YOU TO JOIN THE WBPF AND WHY?

My wife and me were always supporting the Bodybuilding in a neutral and impartial way. We were independent from any Federation for many years. The reason was that we did not agree with those Federations who have created unfair scoring and evaluation circumstances where the connections (who is who) were far ahead of real competition. We did not want to be a part of those Federations which are organizing its Championships for the athletes without any treatment in an unworthy environment. We wanted to be different always where Bodybuilding is represented by honesty, integrity, transparency and familiarity. Then we have met with WBPF at 2009 in Dubai where we have found all those criteria are exist what we were looking for many years.

17. HOW DO YOU RATE THE WBPf COMPARED TO OTHER INTERNATIONAL FEDERATIONS?

It is easy to answer. NON COMPARABLE.

18. WHO IS YOUR FAVOURITE BODYBUILDER AND WHY?

Flex Wheeler. His body represents me a type of Shape what I think Men's Bodybuilding should follows. This is about the perfect symmetry, proportions, definition and not about the huge muscles only At the same time he also has an expressive personality, which represents strong commitment to Sport of Bodybuilding which is shown that after his retirement he is still taking all efforts to support the Sport and encourage more and more people to go to GYM and start work out.

19. WHAT IS YOUR FAVOURITE FOOD?

The Fine food. You know that I do have very limited time which I can spend together with my Wife, Family or Friends. Therefore I carefully chose where to go, what to eat and drink. I do never care about the price what should I spend for a delicious meal or drink but it should impress me and make that moment for memorable.

20. WHAT KIND OF MUSIC YOU LIKE TO LISTEN?

I do like to listen any music from classical through the Rock&Roll to Lounge which depends on my mood could makes me happy, relaxing or energizing. I do also like to sing. So I was really happy when I saw at first time in Bangkok that Karaoke is a Part of our Culture (😊)

21. WHAT IS YOUR FAVOURITE COLOR

The Colour of Blue, just like my eyes. This colour represents me the cleanliness and purity. From a colour psychology perspective, blue is reliable and responsible. Blue is the colour of trust, peace, honesty and loyalty.