



# Zen-Do Times<sup>©</sup>



ZEN-DO BAHRAIN

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DreamBody  
CENTRE

The Official Newsletter for The Zen-Do Bahrain Kickboxing Club and the DreamBody Centre

## Introducing The Winner of the Second DreamBody Competition!



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This is your FREE newsletter courtesy of Suhail AlgoSaibi. You are receiving this because you are either a valued customer of Suhail, or because you have contacted us at some point. You can cancel this subscription at any time by calling 17 611 909.

**Who Is Suhail AlgoSaibi?**

Suhail is the founder of the *Zen-Do Bahrain Kickboxing Club* and *DreamBody Centre*. *Zen-Do Bahrain* is the country's premier martial arts school and the largest in the Middle East. *The DreamBody Centre* is Bahrain's first and only 23-minute weight loss and body transformation centre.

Suhail is also a speaker and consultant, and is the owner of Radical Marketing Consultancy. He specialises in giving business owners "radical" marketing tools, techniques and tips to help them explode their sales and multiply their profits.

Suhail is the publisher of this newsletter and author of Bahrain's very first self-defence book, *The Ultimate Self-Defence Handbook, How to Defend Yourself in Bahrain and Abroad*. He is also co-author of the international self-improvement book, *101 Great Ways To Improve Your Life, Volume 2*. He's been featured in various national and international publications including *Martial Arts Professional magazine*. He's also been featured several times on television including Bahrain TV and international Indian satellite channel Jee Van TV.

Suhail holds a third degree Black Belt in Zen-Do Kickboxing, presented to him by World Champion Master Rafael Nieto. He also has two degrees in business and is a certified fitness instructor and personal trainer. He is dedicated to helping people improve their health and fitness and transform their lives. To find out more about his background visit [SuhailAlgoSaibi.com](http://SuhailAlgoSaibi.com).

**FREE Educational Material From Suhail****From ZendoBahrain.com:**

- ✓ FREE report *The Four Biggest Mistakes People Make When Choosing a Martial Arts School - And How to Avoid Them*.
- ✓ FREE Kickboxing video.

**From ZendoForKids.com:**

- ✓ FREE anti-bullying video.
- ✓ FREE MP3 audio entitled *The 13 Techniques Child Molesters Use To Trap Children and How You Can Stop Them*.
- ✓ FREE child safety presentation given by Suhail and Dr. Soroor Qarooni.

**From DreamBodyCentre.com:**

- ✓ FREE report *Body Fat Secrets Exposed. Everything You Ever Wanted To Know About Fat That The Diet Industry Doesn't Want You To Know*.

**From RadicalMarketing.com:**

- ✓ FREE, weekly marketing email course.
- ✓ FREE report *The Top Ten Marketing and Advertising Mistakes Business Owners Make - And How to Avoid Them*.

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Hello my friend,

I hope this newsletter finds you well. We're nearing the end of summer (at least the end of the Bahraini summer, the official summer has already ended) and I don't roast anymore when I sit in my car. *Yippee!*

I confess I've been overwhelmed recently, and did not manage to prepare this newsletter on time. I guess we'll only have 11 issues of the *ZT* this year, same as last year. Maybe that's the way it was meant to be.

Anyway, welcome to issue 10 of the *Zen-Do Times*, the official newsletter of the Zen-Do Bahrain Kickboxing Club and the DreamBody Centre (DBC). This newsletter is brought to you FREE of charge, as a courtesy from me.

Every month (or so) I share with you the latest happenings in either the DBC or Zen-Do and even in my personal life. This newsletter has been going strong now for over 5 years. And if you've been reading it for that long, I thank you for your interest and your friendship. I really appreciate it.

Speaking of friendship, I'd be honoured if you joined me on the social media as well. Here are my profiles:

**Twitter.com/SuhailAlgoSaibi****Facebook.com/SuhailAlgoSaibi****Youtube.com/SalgoSaibi**

And of course remember to visit my blog as well at **SuhailAlgoSaibi.com**. The blog has tons of articles on various subjects that interest me, and has loads of videos too. You'll also find all my radio interviews with Krazy Kevin on the blog. If you don't know about them, we do them once a week on Sundays on 96.5 FM right after the 4:00 pm news.

Okay, enough of that, time to share the big news...

## Introducing The Winner of The Second DreamBody Competition!

Well, it was a good one! A very competitive group indeed with very good results achieved. And as with the first DreamBody Competition, we can see a direct correlation between the amount of times attended and the results achieved.



From left: Marketing and Operations Manager Saba Saleem, DreamBody Competition 2 winner Noora Ali, Circuit Advisor Sergey Brigadnyy, Suhail AlgoSaibi and Circuit Advisor Shahnaz Baloosh.

Congratulations Noora Ali! Noora got fantastic results at the DreamBody Competition. Noora lost a total of 10.1 Kg and 8 inches of fat overall from her body. Amazing huh?

When I called Noora over the phone to tell her she had won she was delighted. I could feel her huge smile on the other end of the phone. When I gave her her giant novelty cheque a of couple days later she was all smiles!

You can see an interview I did with her on my blog, or visit DreamBodyCompetition.com. Here's what Noora wrote in her DreamBody Journal:

*The DreamBody Centre has given me determination to accomplish a lot in a short period of time and greater determination to continue the road I started with the centre. I don't believe I would have reached this far if it wasn't for DreamBody centre encouragement and great help.*

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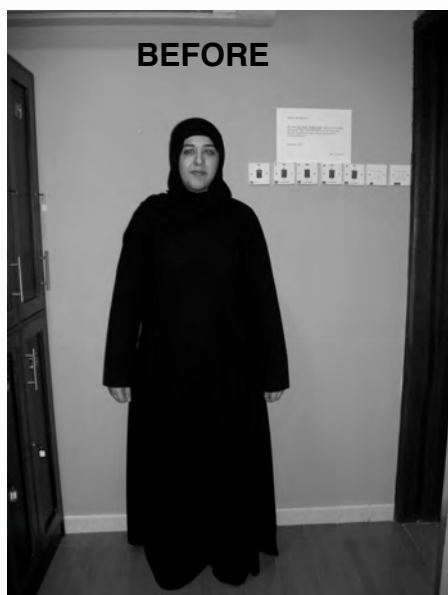
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Winner of the second DreamBody Competition Noora Ali! Noora lost 10.1 Kg of weight and 8 inches of fat overall from her body. Here's some of what she had to say:

***What physical changes have you experienced after completing the 12-week program?***

Losing weight made me feel physically lighter. I could use the stairs more often and with no difficulty including an improvement in breathing when moving.

***What emotional changes have you experienced after completing the 12-week program?***

A great relief is felt every time I get dressed and I notice the changes in my loose clothes. I have also developed a better mood and attitude towards every day problems. What used to upset me, doesn't anymore.

***Have you accomplished the goal that you set for yourself? If so, how do you feel about this accomplishment?***

I feel that I still haven't reached my target. I have come a long way but still have a longer way to go, that's why I registered for the third competition.

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Mohsin Dashti lost an incredible 24.4 Kg of weight and 17 inches off his waist! Here's what he had to say about his transformation process:

*I had heard so many times about DBC before joining, but I have only realized its benefits once I have joined. From day one, I felt that this place and these kind of exercises suit me since I need to attend just three times a week and only for 23 minutes. Soon later, after carrying out the exercises I realized that I can even attend four times a week as I felt too energetic from the first week. The most important thing that attracted me to join was the type of machines and exercises involved. Previously I have suffered many joints and bones difficulties due to the use on normal gym machines which are tough and too hard for an overweight person, but by using DBC machines you can feel the difference. It is like the feeling you have after swimming where you feel that your muscles are toner without suffering pains and joints.*

*Since joining, I made sure to attend four times a week and balanced my food intake and immediately felt the difference as I have lost many inches and over 20 kilos from my body. Everyone is asking me how I did it and this is the first time for me to lose weight in the proper way which was due to a good combination of exercise and healthy diet. I feel energetic, in a better mood and I am much healthier person and I am really looking forward to reach my ultimate goal. Finally I would like to thank Suhail and DBC staff for their hard work and continuous innovative thinking towards helping and motivating overweight persons.*



Sara Smith lost 8.9 kg and 8.5 inches of fat from her body. The amazing thing is that she did that with an average attendance of 1.5 times per month! Here's what she says about her transformation story:

*My struggle with weight started after I graduated from high school. I have always been an active person, so in school I was in every sport class or team. After graduation I just did not have time or the proper facility to keep fit. My gaining weight has caused me many health problems which is what pushed me to try and get fit and healthy again. I have tried many diets and enrolled in health clubs and numerous workout classes, they all helped in losing a little weight, about 6-9 kg but not more, by then I would be tired of the routine and frustrated with poor results. I was told about the DBC by a number of friends and have seen the ads, but I always thought that it just could not be true. When they called me up after a friend had referred me for a free trial, I thought why not. I'm not going to lose anything. I will go for the free period. If I like it and see results I could join. I ended up joining on the first day, I could not believe how easy it is, and you really workout a sweat, it's amazing.*

*One of the things I hated in other health centres is that I had to clear out at least 2 hours of my day for the workout and going there after work does not leave you any free time, but with DBC it's just 23 minutes and you don't have to wait for your turn on the machine as everyone is moving at the same time. It's just the perfect system. Since joining the DBC I have lost 13 kg and about 16 inches from all around. I have never been able to get this kind of results anywhere else, I am halfway through to my ideal weight and I can truly see myself getting there, thanks to this centre.*

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*have found in DreamBody Centre a sincere and devoted family that helped me in every step of the way. I must also admit that I have never heard or seen a centre that spends so much and gives away without hesitation many prizes and encouragement gifts for its members. All of that and more for the sake of developing other people's lives.*

*My first thank you goes to Mr. Suhail for coming up with this great idea of changing other people's lives to the better. His idea put me on the right road and the book of Mrs. Alia [author of the DreamBody Eating Plan and co-creator of some of the weight loss CD's] made me determined to finish the road. I wouldn't have reached this far if I haven't met them or got influenced by their own lives.*

*Last but not least, THANK YOU, goes out to DreamBody Centre Team and all its members for giving me the encouragement, the determination and the competition that made me accomplish what I have accomplished in a short period.*

Noora Ali

Congratulations again Noora for your great accomplishment, and thanks for the kind words. Interestingly, our mission at Falak Enterprises (the owner of the DBC and Zen-Do brands) is enhance, improve and change people's lives to the better. That's what we live for - and that's what I live for.

**The Difficult Process**

I guess this is a good time to address some of the controversies that arose from our first DreamBody Competition (our 12 week body transformation contest where you can win my very own car!) The controversy was that we did not pick the public's favourite choice.

One of the amazing participants in the first competition was former GDN journalist Mohammed Al-Garf. Mohammed wrote a bi-monthly article on his transformation process. He was very open and honest about the emotions he went through. He shared his fears and pains, as well as his emotional highs.



Simon Bromyard, winner of the first DreamBody Competition.

Mohammed gained quite a following and lots of people got emotionally involved. In the end when we chose Simon Bromyard over Mohammed, the DreamBody Centre was attacked a few times in the media, saying that we were unfair to Mohammed. It was the first time we had done the competition, and I guess we weren't prepared for any sort of backlash.



Mohammed Al-Garf. Runner up in the first DreamBody Competition.

I want to clarify here the the DreamBody Competition is not a "biggest loser" type competition, where the person who lost the most weight wins. This would be unfair because then only the severely obese have the best chances of winning.

The choice is based on the overall results achieved (weight loss and inches lost), the essay that was submitted, the before and after photos, and finally (which was added later) effort made in getting your dreambody. We felt then that Mohammed and Simon both got great results, but Simon put in a lot more effort, and was therefore more deserving. This upset a lot of people, not to mention Mohammed Al-Garf. We never saw or

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heard of Mohammed again after that. He had plans of doing his Masters degree in Canada and may have gone there to study.

Anyway, for the second competition, the voting committee of four filtered the participants down to three: Sara Smith, Mohsin Dashti and Noora Ali. The results they got in terms of percentages were similar, ranging from 11.7% of total body weight lost to 13.3%. All three essays were good. Noora's before and after photos were judged to be the best. We then compared attendances and noticed Noora attended an average of 4.8 times per week; Mohsin attended an average of 3.3 times and Sara an average of 1.5 times per week.

So, after a brief back and forth discussion, the majority votes was received by Noora. And a good choice indeed. Runner up is Mohsin Dashti, who lost 24.4 Kg and 17 inches of fat overall. Well done guy.

Sara is our second runner up. she lost 8.9 Kg during the competition and 13 kg since first joining the DBC. She also lost over 8.5 inches of fat from her body! And you thought the DreamBody Centre was just a gimmick! Well what are you waiting for, call us!

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Well, the third and final competition of the year started at the end of September. We'll announce a winner for that and then we'll decide on the final, overall winner. How exciting! The overall winner will driver away with my very own Toyota Fortuner.



As a reminder, the DreamBody Centre is a 23-minute weight loss and body transformation centre. You get your "Dream Body" by working out on unique hydraulic circuit training equipment.

At the DreamBody Centre (and at Zen-Do for that matter) we are extremely customer focused. We offer you a full **7-day FREE** trial to try the place for yourself. Not only that, but we offer a 30-day unconditional money-back guarantee. So if you join and within a month your not totally happy, we'll give you **all** of your money back, no questions asked (again, the same goes for Zen-Do).

To top it all off, we even offer you a one year, **DOUBLE** your money back guarantee. This has only one condition; that you attend an average of 3 times per week.

As you can see, I take all the risk. And as you've seen from the testimonials, it's very easy to do, and takes only 23 minutes! To see more DBC success stories visit [www.DreamBodyCompetition.com](http://www.DreamBodyCompetition.com) and click on "Success Stories."

Well my friend, thanks for taking the time to read this. I enjoyed chatting with you.

Talk to you next month.

Dedicated to yours and your family's well-being,

**Suhail**

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### Attention Parents! **This Year, Give Your Child An Unforgettable (and Healthy) Birthday Party!**

How would you like to give your child an unforgettable birthday party? Look, you can do the usual thing and take your child to a fast food place, where they give them unhealthy food full of empty calories, preservatives and colorings; are entertained by unmotivated staff dressed as clowns; and do just one or two games half-heartedly.

**Or...** you can have the party at Zen-Do where they will have a magical time, filled with wholesome, **FUN** activities! This is unlike anything your child has ever experienced before. Ask a Zen-Do Team Member for more details or call us on 17 611 909. Let your child have the wonderful time they deserve!

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### **How To Communicate With Us**

#### **1) Zen-Do**

Call 17 611 909 and ask for Sensei Vinod Joseph, Zen-Do Head Instructor. Email [vinod@zendobahrain.com](mailto:vinod@zendobahrain.com).

#### **2) DreamBody Centre:**

Call 17 613 352 and ask for Mark Salvador, DBC General Manager. Email [mark.s@dreambodycentre.com](mailto:mark.s@dreambodycentre.com).

#### **Other Stuff**

For all other inquiries call 17 613 352 and ask for Saba Saleem, our Marketing and Operations Manager. Email [saba@zendobahrain.com](mailto:saba@zendobahrain.com).

I don't take calls personally so please direct all enquiries to any of the above persons, who are more than capable of helping you.

Thank you for reading!