

Captain Garuda Announces 2026 Malaysia Return and Expansion of Natural Fitness and Wellness Initiatives

KUALA LUMPUR, KUALA LUMPUR, MALAYSIA, September 7, 2026 /EINPresswire.com/ -- Natural bodybuilding athlete Hassan Moaminah prepares to return to Malaysia in November as he develops new fitness, wellness and business partnerships following his international competition achievements.



HSSAN MOAMINAH

Hassan Moaminah, known professionally as Captain Garuda, has announced plans to return to Malaysia in November 2026 to pursue new partnerships and expand his fitness and wellness initiatives following a year of international natural bodybuilding competition and business development.

The upcoming Malaysia visit will focus on developing partnerships with Malaysian investors, expanding Captain Garuda's fitness and wellness activities, and exploring new business opportunities, including a planned collaboration involving a Malaysian teh tarik and ice-cream concept.

The announcement follows a significant period of development for Moaminah, who has built a public platform around natural bodybuilding, wellness, personal discipline and transformation.

Moaminah became widely known through his transformation from obesity to competitive natural bodybuilding after losing approximately 71 kilograms (155 pounds) without surgery. He began his major transformation in 2022 after facing personal and family challenges that motivated him to make significant changes to his health and lifestyle.

His competitive journey includes a fourth-place finish in the Sport Model category at the 2025 WNBF World Natural Bodybuilding Championship in Dubai, followed by a silver-medal result at the amateur Mr. Olympia competition.

The results have strengthened Moaminah's plans to develop a broader platform connecting fitness, wellness, entrepreneurship and personal development.

"This journey was never only about winning a medal," said Hassan Moaminah, known as Captain Garuda. "It was about proving to myself that I could change my life through discipline, faith and consistency. Now I want to use what I have learned to build something that can help other people believe that transformation is possible."

Moaminah's Captain Garuda identity is based on the Garuda, a symbol he associates with strength, courage and resilience. His distinctive bodybuilding development, particularly his back musculature, became part of the inspiration behind the identity.

His approach to fitness combines natural bodybuilding with hybrid training, micronutrition, recovery principles and Pencak Silat. He has also developed the Captain Garuda Wellness Warriors podcast as part of his effort to discuss fitness, wellness and personal development.

Moaminah says the podcast has reached approximately 3.5 million downloads, while his social media platforms have become an important part of his strategy for communicating with audiences and developing business relationships.

His online presence includes Instagram and TikTok under @captaingarudafitness, where he shares training, competition preparation, wellness content and his personal philosophy.

The development of his business platform has also been shaped by his experience with sponsorship challenges. After competing without substantial sponsorship support, Moaminah began focusing more heavily on building his own media presence and using social media as a platform for demonstrating his work and connecting with potential partners.

"I realized that I could not simply wait for someone to sponsor my dream," Moaminah said. "I needed to build the platform myself, demonstrate what I can do and create partnerships based on trust and results."

Family remains an important motivation behind the project. Moaminah became a father to twins in 2020, and his son's cancer diagnosis in 2022 became one of the events that influenced his decision to take his own health and future more seriously.

His transformation subsequently became the foundation for Captain Garuda's wider message surrounding discipline, resilience and personal responsibility.

The planned November return to Malaysia represents another stage in that development, with Moaminah seeking to combine his experience in natural bodybuilding and wellness with entrepreneurial partnerships.

Alongside his business activities, he intends to continue developing his fitness academy and online programs while maintaining his commitment to natural athletic competition.

Moaminah's story also has a strong connection to Malaysia. Born to a Saudi father and Malaysian mother, he spent part of his childhood in Johor Bahru before returning to Saudi Arabia in 1997. His Malaysian heritage remains an important part of his public identity, particularly following his decision to raise the Malaysian flag after his recent bodybuilding achievement.

His theme song, "Soar With Captain Garuda," further reflects the identity and message behind the project.

As Captain Garuda enters the next phase of development, Moaminah says the objective is not simply to build a personal brand, but to create opportunities through fitness, wellness, entrepreneurship and partnerships.

"I want Captain Garuda to represent more than bodybuilding," Moaminah said. "I want it to represent the idea that kindness, discipline and courage can change the direction of a person's life."

For more information about Captain Garuda, visit his social media and online fitness platforms.

About Hassan Moaminah / Captain Garuda

Hassan Moaminah, known as Captain Garuda, is a natural bodybuilding athlete, wellness advocate and entrepreneur. After losing approximately 71 kilograms (155 pounds) without surgery, he transitioned into competitive natural bodybuilding and developed the Captain Garuda Wellness Warriors platform. His activities include bodybuilding, fitness education, wellness content, podcasting and business development.

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