



## Abdullah Almutawa

Nutrition Specialist & Influencer

Kuwaiti - Kuwait

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## Who is Abdullah Almutawa

Abdullah Almutawa is a leading figure in the field of clinical and sports nutrition in Kuwait, recognized for his influential presence on social media where he delivers specialized educational content on nutrition and public health. Abdullah shares diverse content across Instagram, TikTok, and YouTube, including diet tips, meal planning, supplement awareness, scientific nutrition facts, and targeted advice for gym-goers and those seeking to enhance physical performance. This variety has helped him build a wide audience, establishing him as one of Kuwait's top nutrition awareness influencers. Through the platform Rijeemy.com.kw, Abdullah offers a range of premium nutrition programs—including weight loss, muscle building, general health improvement, and healthy habit formation. His content stands out for its focus on healthy alternatives, protein recipes, low-calorie meals, and practical meal organization tips, empowering followers to adopt a balanced, healthy lifestyle. Abdullah actively engages with his audience, providing actionable advice aligned with the latest trends in sports nutrition and fitness, reinforcing his role as a trusted source for accessible health information. Although he uses a health-related professional title, there is no publicly available information regarding his formal academic qualifications or certifications in nutrition or health sciences. Followers are always advised to verify the source of any consultation before adopting specialized nutrition programs. While his content offers significant educational value in promoting healthy eating culture, it is not a substitute for professional medical advice when needed. Nevertheless, Abdullah's role in promoting healthy lifestyles and simplifying nutrition facts through digital content makes him a key contributor to raising nutrition and fitness awareness among Kuwait's youth.

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