



## Abdulrahman Alsuwailem

Kuwaiti Nutrition & Fitness Expert

Kuwaiti - Kuwait

[Read More](#)

## Who is Abdulrahman Alsuwailem

Abdulrahman Alsuwailem is a Kuwaiti researcher and coach specializing in sports nutrition and exercise, renowned for his passion for science and his ability to translate complex information into practical advice anyone can apply. He holds a Master's degree from the University of Liverpool in the UK, with a focus on sports nutrition, providing him with a strong scientific foundation for his content. Through his social media platforms (under Alsuwailem.PT), Abdulrahman Alsuwailem shares reliable insights on optimal nutrition practices for both athletes and enthusiasts. He breaks down the importance of balancing macronutrients—carbohydrates, proteins, and fats—for anyone looking to build muscle or boost daily activity, always referencing the latest scientific research. He also publishes effective workout routines designed to enhance strength and fitness alongside tailored nutrition plans. What sets his approach apart is his commitment to answering followers' questions about supplements and vitamins, clearly distinguishing between what's beneficial and what's unnecessary or potentially harmful. Abdulrahman has held advisory roles at several sports centers in Kuwait, overseeing nutrition programs for sports teams and public figures. He has also collaborated with the Ministry of Health on awareness initiatives to promote healthy eating in schools and universities. His unique blend of scientific research and hands-on experience has made Abdulrahman Alsuwailem a respected voice in Kuwait's sports community. Many consider him a mentor and guide on their journey to better health, as he seamlessly combines theoretical knowledge with practical application in a way rarely seen locally.

[Read More](#)