



Ameer Abu Zenada

Saudi Nutrition & Fitness Expert

Saudi - Saudi Arabia

[Read More](#)

Who is Ameer Abu Zenada

Ameer Abu Zenada is a passionate Saudi nutrition and fitness expert who has seamlessly blended his love for sports and food to become one of the Kingdom's leading healthy lifestyle influencers. Known for his spontaneous content, Ameer shares glimpses of his daily gym routines alongside his experiences tasting renowned local and international dishes. This unique combination has attracted a wide audience of hundreds of thousands on Instagram and TikTok, where followers find both athletic inspiration and entertaining food adventures. Ameer Abu Zenada's core message centers on balance—demonstrating that it's possible to enjoy delicious food while maintaining fitness through consistent training. He regularly posts videos of his workouts, often followed by clips of his visits to various restaurants, sampling diverse cuisines. This relatable approach has made him a favorite among followers, who see in him the everyday person striving for health goals without sacrificing life's pleasures. He is the founder of the popular "Lift and Cheat" initiative, which combines weightlifting with mindful enjoyment of favorite meals, encouraging people to stay committed without boredom or deprivation. The initiative has gained significant traction, inspiring many of his followers to share their own experiences under this banner. Thanks to his authenticity and approachable style, Ameer Abu Zenada has become an inspiring figure for Saudi youth, proving that a healthy lifestyle is achievable with a bit of discipline and a lot of passion and moderation.

[Read More](#)