



Anissa Baccouch

Certified Personal Trainer and Psychosomatic Health Researcher

Tunisian - Kuwait

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Who is Anissa Baccouch

Anissa Baccouch, widely known as "Coach Anissa," is an ACE-certified Personal Trainer and a researcher specializing in the connection between emotions and physical health. She began her professional career in Kuwait after graduating, working as a Physical Education Teacher at Hayat Universal Bilingual School starting in October 2010. In this role, she was responsible for planning and establishing the PE curriculum for all grade levels, from pre-kindergarten to Grade 12. Alongside her academic work, she gained extensive practical experience as a Supervisor and Trainer at Flex Health Club in Kuwait from December 2005 to September 2009, where she supervised coaches across three branches and led various fitness classes. Coach Anissa's approach has evolved beyond traditional physical training to embrace a holistic health philosophy. Through her digital platforms, she offers specialized training programs and consultations that link an individual's psychological and emotional state to their physical well-being. She focuses on conditions like fibromyalgia, which she explains can stem from unprocessed trauma and suppressed emotions. Her content educates her audience on nutrition, fitness, and understanding the body's mechanisms, aiming to empower them to achieve a balance between physical and mental health for a sustainable, healthy lifestyle.

Achievements of Anissa Baccouch

Anissa Baccouch graduated second in her class from the Higher Institute of Sport and Physical Education (ISSEP), highlighting her academic excellence. Athletically, she was a national champion in Tunisia, securing third place in the 60-meter sprint, which underscores her background as a competitive athlete. Professionally, she holds a prestigious certification as a Personal Trainer from the American Council on Exercise (ACE). Baccouch has also earned international certifications as a Pool Saver from the American Red Cross and in First Aid, in addition to specialized coaching certificates in track and field, soccer, and swimming.

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