



Balqees Alkhalidi

Nutrition Specialist & Fitness Coach

Kuwaiti - Kuwait

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Who is Balqees Alkhaldi

Balqees Alkhaldi is a Kuwait-based Nutrition Specialist and Fitness Coach. She specializes in creating balanced nutrition plans and customized training programs designed to enhance overall health and physical fitness. Balqees leverages evidence-based approaches and practical applications tailored to each individual's needs and health conditions, supporting a holistic approach to wellness through personalized guidance and promoting the importance of proper nutrition and regular physical activity. With a large following on social media, Balqees is recognized by hundreds of thousands of health and fitness enthusiasts. She regularly shares educational content, including nutrition tips and diverse workout ideas, presented in an engaging and accessible style. Her mission is to raise public awareness about the benefits of a balanced lifestyle, positioning her as a leading figure in nutrition and fitness within Kuwait. Beyond her digital presence, Balqees offers one-on-one nutrition consultations and personal training sessions, adapting her recommendations to each client's unique health and fitness goals. She also contributes to community health initiatives by providing information and guidance on healthy eating and the importance of regular exercise. Her efforts have empowered many individuals to adopt healthier eating habits and maintain an active lifestyle, reflecting her commitment to improving public health and raising health awareness in Kuwaiti society.

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