



## Bashar Ghazawi

Health & Fitness Influencer and Founder of Superhuman

1978-12-27 - Jordanian - France

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## Who is Bashar Ghazawi

Bashar Ghazawi is a Jordanian health and lifestyle influencer known for his significant career transition from the arts to the world of nutrition and fitness. Born in Amman, Jordan, he first gained widespread fame as a contestant on the second season of the popular talent show "Star Academy." After a period in the music industry as a singer and composer, he worked in the telecommunications sector in Riyadh before deciding to fully pursue his passion for wellness. Bashar is the founder of "Superhuman," a brand through which he offers coaching and programs for building a healthy and sustainable lifestyle. His content, shared across social media platforms like Instagram and YouTube, focuses on simplifying the science behind nutrition and exercise, drawing from scientific studies and practical experience. His approach emphasizes creating habits tailored to an individual's life rather than adhering to restrictive diets, a philosophy embodied by his promotion of the 80/20 rule—80% healthy eating with 20% flexibility. He is married to Algerian artist Salma Ghezali, whom he met on Star Academy, and they have a son, Zain, and a daughter, Taim.

## Achievements of Bashar Ghazawi

Bashar Ghazawi successfully transitioned from a well-known artist and "Star Academy" contestant to a credible and influential expert in the Arab world's health and fitness sphere. He built his personal brand, "Superhuman," which aims to help people adopt a healthy and sustainable lifestyle through personalized programs. He delivers scientific, evidence-based content across his digital platforms, attracting a large following. Ghazawi focuses on simplifying complex information about nutrition and exercise, making it accessible and applicable for daily life. He has been featured in numerous interviews and podcasts, sharing his journey and expertise in the wellness field.

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