



Bayan Hashmah (Bayan Fit)

Fitness Expert in Dubai

Jordanian - United Arab Emirates

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Who is Bayan Hashmah (Bayan Fit)

Coach Bayan Hashmah (Bayan Fit) is one of the most influential fitness and nutrition figures in the Arab world, based in Dubai. She has gained widespread recognition across social media platforms, especially TikTok and Instagram, where she is followed by millions. Starting her journey as a certified fitness trainer and nutrition specialist, Bayan is known for delivering educational and motivational content focused on effective workouts and balanced nutrition. Her achievements have built a massive community of followers seeking a healthier lifestyle, establishing her as a trusted authority in physical and wellness transformation. Bayan's holistic approach combines physical training, proper nutrition, and psychological support, emphasizing that health is the true wealth. She specializes in functional and strength training suitable for all levels, which can be performed at home or in the gym. Her interactive and motivational style stands out as she regularly shares her daily routines and tips, engaging with her audience's questions on workouts and meals, and fostering a supportive environment that empowers her followers to achieve their health and fitness goals. Bayan launched her own initiative, "Fit Bayan," offering personalized training and nutrition programs through her dedicated app—a major step forward in delivering her professional services. These programs are tailored to individual needs, featuring detailed workout schedules, meal plans, and instructional videos. She has also collaborated with global and local brands in sportswear and nutrition supplements, reflecting her significant market influence. Beyond this, her impact extends to health and fitness awareness campaigns, reinforcing her role as a driving force for positive change in thousands of lives.

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