



Eman Ali (Coach Naaya)

Jordanian Fitness Expert

Jordanian - United Arab Emirates

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Who is Eman Ali (Coach Naaya)

Eman Ali (Coach Naaya) is a leading fitness influencer in the Arab world, renowned for her specialized educational sports content across social media platforms. As a certified personal trainer and nutrition specialist, she delivers tailored training programs for both men and women, with a strong focus on body sculpting and overall fitness. Her clear, direct approach to exercise instruction has made her a trusted resource for hundreds of thousands of followers, particularly in Jordan and Dubai. Coach Naaya's methodology centers on pure educational sports content, emphasizing body awareness and proper technique. Her philosophy is rooted in the belief that fitness is a journey of self-care, not merely a means to change appearance—as reflected in her motto: "Your body is not a source of shame, it's a gift. Take care of it." She actively engages with her audience, answering questions and offering practical advice, fostering a supportive and motivating community. Coach Eman Ali's influence extends to collaborations with leading sports and health brands and initiatives, leveraging her reach in Jordan and the UAE. She offers intensive training services, including InBody composition analysis and complimentary nutrition plans for subscribers, underscoring her commitment to holistic value. Eman is dedicated to raising awareness about the importance of fitness and healthy nutrition, serving as a role model for Arab female trainers who harness digital platforms to create lasting, positive impact.

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