



Farah Khaled

Saudi Fitness Coach

Saudi - Saudi Arabia

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Who is Farah Khaled

Farah Khaled is a dynamic Saudi fitness coach from Jeddah, recognized as one of the leading experts in fitness and nutrition in the Kingdom. She focuses on empowering Saudi women, delivering rich content that enhances both physical and mental well-being. Farah gained popularity on Instagram with creative workout videos that can be done at home or in the gym, covering everything from strength and flexibility to endurance and cardio. She also shares her journey with aerial hoop, adding a unique dimension to her fitness content. Farah Khaled is known for her approachable teaching style that encourages engagement and participation. She goes beyond demonstrating exercises by explaining their benefits, targeted muscles, and injury prevention tips. Farah also shares practical advice on stress management and mental health through physical activity, emphasizing that exercise is a powerful tool for coping with daily pressures. During Ramadan and exam periods, she provides tailored guidance on maintaining fitness and energy, earning her followers' trust as a reliable health resource. Throughout her career, Farah Khaled has achieved significant milestones, serving as a lead trainer at top fitness centers and collaborating with major sports brands to promote women's health awareness. She has been featured in local interviews highlighting her success as a role model for young women in a traditionally male-dominated field. Farah's passion and commitment to spreading a culture of wellness have made her an inspiration and helped redefine fitness as an essential daily lifestyle for many women.

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