



Ghadah Alturk

Lebanese Fitness Coach

Lebanese - Saudi Arabia

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Who is Ghadah Alturk

Ghadah Alturk is a renowned fitness coach and Arab influencer specializing in flexibility, stretching, and muscle strengthening, with advanced degrees in physical therapy. She is celebrated for her inspiring educational content focused on body awareness and holistic health, building a large following across social media platforms. Ghadah empowers individuals to reach their full physical potential and break through personal limits, drawing on her strong academic and professional background in movement and anatomy. Ghadah Alturk adopts a unique training methodology that blends science and mindfulness, emphasizing smart training and targeted pelvic flexibility to achieve advanced positions such as the split. Her motivational style encourages audiences to love their bodies and live in harmony, and she offers specialized online training programs. Ghadah actively engages with her followers, answering questions and sharing her healthy routines, making her a source of inspiration for many in the region. Her influence extends to collaborations with major initiatives and events, including yoga and fitness festivals in AIUla, Saudi Arabia, highlighting her role as a leading wellness figure. She partners with sports and health brands, using her platforms to raise awareness about the importance of movement and both mental and physical health. Ghadah is committed to leaving a positive impact by guiding her followers toward physical and mental strength.

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