



Haitham Salama

Fitness Expert & Coach

Egyptian - Egypt

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Who is Haitham Salama

Haitham Salama is one of the Arab world's leading fitness coaches and body transformation specialists, with over 20 years of experience. Starting his career as a strength and transformation coach, he has guided more than 1,000 successful client transformations. Haitham Salama holds international certifications as a fitness coach and nutrition specialist, making him a comprehensive authority who bridges athletic training with nutritional science. His expertise and media appearances as an Egyptian champion have established him as a recognized leader in the fitness industry. Haitham Salama's approach centers on long-term results and discipline, steering clear of quick fixes. He delivers fully personalized training and nutrition programs tailored to each client's level and experience, with a focus on evidence-based methods. His coaching style features comprehensive online support, including precise weekly progress check-ins and 24/7 direct assistance. This ongoing engagement ensures clients stay committed and achieve maximum results. Beyond individual coaching, Haitham Salama actively participates in major events to promote fitness awareness. He was honored as a VIP Guest at the ISSA Mega Launch, reflecting the fitness community's recognition of his expertise and impact. With millions of followers on his digital platforms, he shares high-quality educational and motivational content, emphasizing that his audience's health is his responsibility. This influence positions him as a leading figure and a valuable partner for health and sports brands.

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