



Hanan Alanzi

Saudi - Saudi Arabia

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Who is Hanan Alanzi

Hanan Alanzi is a Saudi fitness coach and sports content creator known for her unique approach that blends professional expertise with a genuine passion for fitness. Rising to prominence on social media under the handle 'LamaWorkout,' Hanan inspires hundreds of thousands with her positive, accessible content. She delivers practical fitness advice and workouts tailored for all levels, with a special focus on empowering women to embrace a healthy, active lifestyle. Hanan shares her personal journey from fitness beginner to one of the region's leading influencers, highlighting the importance of consistency and balance. She offers workout programs that fit into busy daily routines, along with realistic nutrition tips for maintaining energy and a healthy weight. Recognizing the mental side of fitness, Hanan regularly shares motivational messages about building self-confidence and overcoming life's challenges through exercise. Beyond her digital presence, Hanan has partnered with leading nutrition and supplement brands such as Women's Best, serving as their ambassador in the Middle East. She has also launched paid online training programs that help participants achieve their 'dream body' through customized workout and nutrition plans. Today, Hanan Alanzi is more than a coach—she is a symbol of ambitious Arab women who channel their passion and expertise to uplift their communities, proving that success in fitness is possible with determination and perseverance.

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