



Maria Azraq

Jordanian Health & Fitness Coach

Jordanian - Jordan

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Who is Maria Azraq

Maria Azraq is a Jordanian health and fitness coach dedicated to empowering women of all ages to build strength and self-confidence. As a mother of two, she has balanced her family responsibilities with personal athletic achievements, most notably completing a full marathon (42.2 km)—a milestone she proudly celebrates as a symbol of determination and endurance. Maria holds international certifications as a certified health coach and specializes in women's nutrition programs, enabling her to deliver holistic coaching services under her Fitastic Mama brand. Through her Instagram platform, Maria Azraq shares diverse, high-value content. She offers tailored workouts for women seeking to regain fitness after childbirth or later in life, focusing on core strength and flexibility. She also shares easy, healthy recipes designed for busy women, and uses the hashtag "#StrongAtAnyAge" to remind her followers that it's never too late to start a fitness journey. Maria has secured partnerships with leading nutrition and sports brands; she is an ambassador for Women's Best in the Middle East and offers an exclusive discount code (FITMA) across her channels. She has also collaborated with the Calo healthy meal app, providing weekly meal planning tips. Additionally, Maria runs personalized online coaching programs for her international clients and leads a supportive digital community where members share experiences and receive direct guidance from Maria and her team. Maria Azraq has become an icon for Arab women in sports, proving that motherhood or age are not obstacles to achieving fitness goals—in fact, they can be powerful motivators for strength and perseverance.

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