



mhmwd allwaty

Nutrition Specialist

Syrian - Saudi Arabia

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Who is mhmwd allwaty

mhmwd allwaty is a Syrian Nutrition Specialist based in Saudi Arabia. He holds internationally accredited certifications in nutrition and sports science, and is renowned for his expertise in weight loss and body transformation programs. mhmwd allwaty founded the digital platform "Macrofit Coaching" to provide personalized nutrition consulting and training programs, and launched a health app of the same name to make nutrition and workout plans more accessible for his clients. His approach focuses on achieving health and fitness goals through balanced meal plans and tailored fitness programs—without resorting to extreme dietary restrictions. mhmwd allwaty leverages social media as his primary channel for educational outreach. He is active on Instagram, TikTok, and YouTube, where he shares educational content on healthy nutrition and exercise. His mission is to simplify scientific concepts and present them in an engaging, accessible way to a broad audience. He encourages his followers to adopt balanced eating habits and commit to well-structured training plans that improve their fitness and overall health. Through his digital platform, mhmwd allwaty has raised awareness among a wide audience about the importance of balanced nutrition and physical fitness. Together with his team of nutrition and fitness professionals, he oversees the development of personalized programs tailored to each client's needs. His content has gained significant traction among health and fitness enthusiasts, establishing him as a trusted reference across the region. mhmwd allwaty remains committed to staying up-to-date with the latest scientific research in nutrition and fitness, reinforcing the credibility of his approach and ensuring tangible results for his clients.

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