



Mohanad Erabi

Nutrition Specialist

Egyptian - Saudi Arabia

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Who is Mohanad Erabi

Mohanad Erabi is an Egyptian Nutrition Specialist based in Saudi Arabia, known for his expertise in healthy nutrition and fitness. Combining a strong scientific background with a passion for sports, Mohanad delivers educational content that simplifies complex nutrition concepts and provides practical guidance on healthy diets and active lifestyles. His accessible advice empowers followers to choose the right nutrition and workout programs for their goals. Mohanad has emerged as a leading influencer in the fields of nutrition and fitness across social media, building a large and engaged audience. He creates diverse video content and actionable tips that break down dietary elements and exercise routines in a clear, engaging way. Mohanad has also competed in local and regional bodybuilding and fitness competitions, achieving top placements that have captured the attention of his community. These accomplishments have strengthened his reputation among health enthusiasts and contributed to raising public awareness about balanced nutrition. Beyond his digital presence, Mohanad launched the "ErabiFit" mobile app, offering personalized training programs and nutrition plans tailored to users' needs. He also organizes workshops and awareness seminars to promote health culture across the Arab world. Mohanad's contributions in nutrition and sports are a source of inspiration, as he continually encourages his audience to adopt a balanced, healthy lifestyle by supporting regular exercise and smart nutrition choices.

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