



Naji Alhammadi

Kuwaiti Nutrition Specialist

Kuwaiti - Kuwait

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Who is Naji Alhammadi

Naji Alhammadi is a Kuwaiti Nutrition Specialist dedicated to advancing nutritional and health awareness in his community. He focuses on balanced nutrition and sports nutrition as key drivers for improving overall health and physical fitness. Naji Alhammadi designs comprehensive, personalized nutrition programs, applying evidence-based methodologies to deliver effective and sustainable results. He pays special attention to individual needs, tailoring dietary plans to diverse nutritional patterns, and actively contributes to raising health awareness across society. Active on various social media platforms, Naji Alhammadi shares rich educational content on healthy nutrition and active lifestyles. His work includes publishing videos and practical tips on the fundamentals of balanced diets. He has also authored educational articles on nutrition and fitness for specialized health platforms, expanding access to reliable information. Through online training sessions, he engages directly with his audience, promoting healthy eating habits and aiming to elevate the community's overall nutritional awareness. Throughout his career, Naji Alhammadi has remained committed to staying abreast of the latest scientific research in nutrition and sports. He consistently grounds his recommendations in scientific principles, which has strengthened his reputation as a trusted nutrition expert. He continues to invest in his professional development by participating in specialized training programs and conferences, with the goal of serving his community and fostering a culture of healthy nutrition in Kuwait. Through these efforts, Naji Alhammadi is a key contributor to improving health and nutrition standards in his country.

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