



Najim Ziad

Bahraini Nutrition & Fitness Expert

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Who is Najim Ziad

Najim Ziad is a Bahraini lifestyle coach renowned across the Gulf region. He is best known for his signature motto "Tegdar Co," which inspired the name of his coaching project dedicated to empowering individuals to lose weight and transform their lifestyles. Through his platforms, Najim delivers comprehensive content blending nutrition guidance, fitness advice, and motivational support. He believes that weight loss is not just a physical journey, but also requires long-term changes in habits and behavior. Najim Ziad is recognized for his engaging and inspiring approach, frequently sharing success stories of clients who have achieved dramatic health transformations under his guidance. These stories motivate his audience and make fitness goals feel more attainable. He also launches regular challenges—such as daily walking or a month-long sugar-free challenge—encouraging widespread participation and fostering a supportive, energetic community spirit among his followers. Najim founded the online coaching platform "You Can Do It," which brings together participants from across the Gulf in virtual weight loss programs he personally leads. The platform offers weekly meal plans, video workout schedules, and live motivational sessions. Najim Ziad also spearheads community initiatives, including in-person workshops at health clubs and educational seminars on obesity prevention. Through his expertise and authenticity, he has earned the trust of thousands and is seen as a relatable coach who supports people through every step of their health journey.

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