



Nisrin Hajjar

Certified Fitness Coach and Founder of NINO FIT

Syrian - Egypt

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Who is Nisrin Hajjar

Nisrin Hajjar, widely known as "Coach Nino," is a Syrian certified fitness coach and the founder of the online training and nutrition platform, NINO FIT. She began her professional journey in sports at the age of 18 in her hometown of Homs, Syria, where she earned her first certifications in swimming instruction and lifeguarding. Her passion for fitness led her to become a certified aerobics instructor through the Syrian General Sports Federation, building a strong foundation for her practical expertise. Motivated to provide credible and professional fitness guidance in response to the spread of misinformation online, Nisrin transitioned to online coaching. She established her brand, NINO FIT, to offer personalized training programs and nutrition plans specifically for women. Utilizing social media platforms like Instagram and YouTube, she has built a supportive and motivational community. Her content focuses on home and gym workouts, alongside nutritional advice aimed at empowering Arab women to achieve their health and fitness goals. Nisrin is currently based in Egypt, from where she manages her business and continues to expand her reach to clients worldwide.

Achievements of Nisrin Hajjar

Early in her career in Homs, Nisrin Hajjar was recognized with a trophy as the best coach in her region. This local award was an early acknowledgment of her skill and dedication in the field of sports training and served as significant motivation at the start of her professional journey. The most significant achievement for Nisrin is the successful founding and management of the NINO FIT platform. Through this online brand, she has built a strong personal presence in the digital fitness industry, providing coaching services to a large community of Arab women globally and helping them adopt healthier lifestyles through her customized programs.

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