



## Rawia Alateeqi

Kuwaiti Fitness Expert

Kuwaiti - Kuwait

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## Who is Rawia Alateeqi

Rawia Alateeqi, also known as BodyByRawya, is a Kuwaiti fitness coach dedicated to empowering women to achieve their health and wellness goals. She founded a women-only fitness center bearing her name, providing a supportive and private environment for training away from public view. Rawia has gained recognition on Instagram for her women-focused content, offering weekly workout programs tailored to the female body and its unique needs, accommodating all ages and fitness levels. Rawia's philosophy centers on the belief that strength and beauty go hand in hand. She encourages women to embrace weightlifting and strength training without fear, highlighting their benefits for body composition and self-confidence. She also shares guidance on balanced nutrition and debunks diet myths, advocating for a scientific, sustainable approach to transformation. To broaden her impact, Rawia launched online training programs, allowing women from various countries to join remote group fitness challenges and become part of a supportive community of thousands. Rawia's work has been recognized by several organizations; she has served as a brand ambassador for leading sports nutrition companies in Kuwait and has been featured as the face of women's health campaigns. Through her dedication and inspiring presence, Rawia Alateeqi has made a positive difference in the lives of many women across the region, equipping them with the tools and confidence to start their journey toward better fitness and a healthier lifestyle.

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