



Reham Emad

Personal Trainer & Clinical Nutrition Expert

Egyptian - Egypt

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Who is Reham Emad

Reham Emad is an Egyptian Personal Trainer and Clinical Nutrition Expert, dedicated to empowering women to achieve their health and fitness goals. She gained widespread recognition through her platform "HerFitBod," where she delivers tailored training programs designed specifically for women, with a focus on building strength and self-confidence. Backed by a strong scientific background and accredited certifications in personal training and nutrition, Reham leverages her expertise to create effective, sustainable plans for her clients. Reham's approach is rooted in consistency and flexibility, with a deep understanding of the challenges faced by working women and mothers—especially time constraints. Her programs emphasize efficient workouts that require minimal equipment and time, encouraging her audience to start with whatever resources they have. Her philosophy centers on self-love and body positivity, emphasizing that investing in health today is an investment in the future. She engages her followers with a motivational and practical style. Reham's achievements include founding the "HerFitBod" platform, which offers a range of specialized guides and training programs such as the "Curvy Gym Program" and "Strength and Sculpt," both of which have gained significant popularity. She also collaborates with leading fitness brands like "iconfit.eg," further amplifying her impact in the fitness community. Reham is continuously expanding her initiatives to help more women reach their health and fitness aspirations.

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