



## Rima Farah

Lebanese Nutrition Specialist

Lebanese - Kuwait

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## Who is Rima Farah

Rima Farah is a Lebanese nutrition specialist based in Kuwait with extensive professional experience. She holds a bachelor's degree in nutrition and dietetics and has been practicing for over six years. Rima provides personalized nutrition consultations, designing balanced meal plans tailored to each client's age and health status, and has collaborated with various organizations in the sports and health sectors. She operates independently, leveraging modern scientific tools and specialized knowledge gained through her education and hands-on experience. Rima is dedicated to regularly following up with her clients to ensure they achieve their health and weight goals, personally overseeing assessments and making adjustments to fit each individual's evolving lifestyle. She is passionate about health education, creating accessible content that helps the public adopt healthy eating habits and understand the fundamentals of nutrition. In addition, Rima is active in educational programs and workshops, and is committed to raising health awareness through online platforms and social media by sharing reliable nutrition tips and informative presentations. Beyond her professional life, Rima is known for her artistic talent and vibrant personality, reflecting her passion for music and creativity. She enjoys memorizing song lyrics and incorporating famous movie quotes into her educational and entertaining content, always aiming to deliver information with a touch of humor. Her artistic journey began with simple piano melodies in childhood, later discovering a hidden singing talent during her studies, which inspired her to blend her scientific and artistic interests. Currently, Rima is preparing for a new musical venture by participating in the 2024 XP Music Futures event in Riyadh, further demonstrating her commitment to integrating her diverse skills and expanding her artistic presence.

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