



Rogina Saba

Syrian Fitness Expert

Syrian - United Arab Emirates

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Who is Rogina Saba

Rogina Saba is a renowned fitness coach and health influencer, widely recognized across the Middle East, particularly in the United Arab Emirates. With a strong academic background in sports studies from the Netherlands, she began her career as a personal trainer before moving to Dubai. Rogina is known for her holistic approach to wellness, integrating physical fitness, mental health, and balanced nutrition. She has built a dedicated following of hundreds of thousands on social media by sharing impactful, motivational content focused on effective workouts and sustainable results. Rogina Saba's comprehensive training philosophy goes beyond exercise, emphasizing psychological well-being and nutrition. She believes fitness is a lifelong journey that requires commitment and balance, prioritizing the development of healthy, long-term habits over quick fixes. Her style is marked by positive motivation and direct engagement with her audience, sharing personal stories and daily routines to foster authenticity and connection. Rogina offers practical advice on incorporating fitness into busy lifestyles, making her content accessible to all levels. As a trusted partner for leading global brands in sportswear and nutritional supplements—including a prominent collaboration with Women's Best—Rogina leverages her influence to promote quality products with her exclusive discount code. Her impact extends to community initiatives that promote health and fitness awareness in the UAE, with a special focus on empowering women to embrace active, healthy living. Rogina Saba stands as an inspiring role model in the fitness industry.

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