



Wael Matarneh

Nutrition Specialist & Fitness Coach

Jordanian - Jordan

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Who is Wael Matarneh

Wael Matarneh is a Nutrition Specialist and Fitness Coach based in the Hashemite Kingdom of Jordan. He combines scientific expertise with practical application to help individuals improve their nutrition and fitness lifestyles. Wael provides tailored nutrition advice and designs fitness programs for all age groups, adhering to internationally recognized health standards focused on prevention and overall well-being. With a strong academic background in nutrition science and fitness principles, Wael stays up-to-date with the latest industry developments. He leverages modern methods to deliver nutrition and fitness guidance, contributing to greater health awareness in the community. Wael is passionate about sharing educational and cultural content through social media and other platforms, encouraging his audience to adopt healthy eating habits and active lifestyles. Digitally, he utilizes social media to spread accessible health messages that highlight the importance of balanced nutrition and regular exercise. His approach to coaching and nutrition is defined by professionalism and responsibility, emphasizing the importance of dietary balance and consistent exercise as the foundation for fitness and health. Wael plays an active role in promoting a culture of health awareness within his community, supporting individuals in achieving their fitness and wellness goals. His work reflects a strong commitment to spreading the values of health and well-being across all segments of society. Wael firmly believes that prevention is better than cure, advocating that a balanced diet and regular exercise are the keys to a healthy life.

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