



Yousef Abdullah

Emirati Fitness Coach and Motivational Expert

Emirati - United Arab Emirates

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Who is Yousef Abdullah

Yousef Abdullah is an Emirati fitness coach, motivational expert, and the founder of the "Mo'Fit" brand. He is an inspiring figure in the world of health and sports, whose professional journey is rooted in a profound personal transformation. After his weight reached 170 kg, he underwent gastric sleeve surgery, which marked the beginning of a challenging path to change his lifestyle and eating habits completely. This experience became the catalyst for his inspirational journey and his career in professional fitness coaching. Yousef built on his passion with a solid academic foundation, earning a Bachelor's degree in Sport Coaching and Management from The Hashemite University in Jordan. After gaining experience with the UAE Army's Navy College and various gyms, he established "Mo'Fit" to promote his vision that fitness should be accessible to everyone and based on scientific knowledge. Known for his motivational approach, Yousef inspires his followers by sharing his personal story and offering specialized training programs through his digital platforms under the handle "gymdx".

Achievements of Yousef Abdullah

Yousef served as a trainer for the prestigious HH Sheikh Mohammed Bin Rashid Al Maktoum Sports & Physical Fitness Program for Dubai Government Institutions, reflecting high-level trust in his professional expertise. In 2017, he was recognized as a Distinguished Fitness Trainer by Dubai Police. During the same year, he was also selected as a Distinguished Lecturer for the DXB Fit Challenge at the General Department of Airports Security, highlighting his active role in community wellness initiatives. He has appeared as a fitness model and influencer on prominent television programs, including the "Khalek FIT Sabah Alkher Ya Arab" segment on MBC channel in 2016 and on Alsharqiya TV in 2017, significantly broadening his media reach. Abdullah achieved a personal competitive milestone by placing in the Top 10 at the Dubai Muscle Show in the Physique Category in 2017.

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