

My Article:

Coach Sama , she's a trainer and sports nutritionist. She graduated from the Faculty of Arts, Department of Psychology, Alexandria Governorate.

Her beginning was she wanted to go to the gym to strengthen the muscles of her body and from here was the start, as she was fascinated by the field and wanted to educate herself more..

So she went to study things in depth, from reading articles and mathematical research to penetrating the understanding of the subject more and more, and studied many training courses specialized in this field...until she worked in it.

She did not stop, as she was a firm believer in herself more and more and that she would arrive one day to transfer her experiences and make society better.. She obtained 7 certificates in nutrition and training and She is studying 3 other certificates.

Coach Sama is one of the most active influencers on social networking sites, as it benefits others with many influential videos that benefit others and has a number of fans on these sites.

Sama faced many difficulties at the beginning of her career to attract clients and convince them that she is a professional fitness trainer and bodybuilder. Being a young girl, she received many negative criticisms from the community around her and on social networking sites as well.

Its mission was to spread awareness, health and sports culture, fight myths and encourage others to care about health, nutrition and the body..And her advice to the novice youth is not to look behind you, as long as you have a goal and a mission, you will arrive one day inevitable.



Written by: Somaia Abdeen

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