



Suleman Arshad

Fitness Expert

Expertise Skill

- Weight Loss & Body Transformation
- Nutrition Coaching & Meal Planning
- Personalized Workout Program
- Strength & Conditioning Training
- Online Fitness Coaching

Education

- **ISSA Weight Management Specialist**
- **ISSA Nutritionist Certification**
- **Certified Personal Training Specialist**

Work Experience

- **Gym Manager - AA GYM**
Lahore | Sep 2025 – Present
 - Promoted to Gym Manager after consistently delivering high client results and strong retention
- **Founder & Weight Loss Coach**
Natural Building Fitness
 - Created the 30-Day Herbal Weight Loss Program, transforming 1000+ clients nationwide
 - Delivered online coaching, accountability, and long-term lifestyle strategies.

About me

Certified Weight Management Specialist & Nutritionist | 8+ yrs fitness experience | Founder of Natural Building Fitness (NBF)

Helping 2000+ clients transform their bodies and lives with personalized weight loss, nutrition, and strength programs. Passionate about sustainable results, fitness education, and online coaching.

Contact Me

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