## Obesity & Weight Management

## 17th World Fitness Expo

## Nutrition and supplementation for optimal performance

Fitness Specialist, USA
Biography  Alex is a certifed Personal Fitness Trainer and Strength and Conditioning Coach. He is a Nutritionist, a world-class competitor, a men's physique international competitor, an international ftness model, an elite athlete trainer and a published author. He always had a passion for sports and has been an athlete all of my life which has led me to dedicate myself to ftness and health. He believes in hard work and education. He trains top celebrities, elite athletes and professional and successful business men and women. He has competed in the world's most prestigious competitions. He has been published on covers of books, magazines, newspapers and has been on numerous television and radio shows. He always believes that a man can achieve what he aspires to as long as he has no barriers, the right mindset and tunnel vision.
alex.jamal@yahoo.com
Notes: