

OLA ALGHAZZOULI

Ola was born in Damascus, Syria and moved to the United States in 2001. She speaks, reads, and writes both Arabic and English fluently. She graduated from George Mason University with a B.S Biology and minor in Health Promotion. After starting her project BeFit4Akhira, Ola realized that her true passions are fitness, promoting health, and tying it all back to her faith. She is certified through the American Council of Exercise (ACE).

She is also a youth soccer coach for kids ages 2-8 with Soccer Shots. Ola loves to run. She used to take part of Track and Field in high school. Running helped her realize that she is capable of doing anything, as long as she doesn't give up. Ola is proud to share her past experiences as they have helped her become stronger, and her favorite saying is: "Take every weakness in you and turn it in your strength."

Ola uses her experience as a soccer coach and personal trainer, to motivate and inspire her clients to stay strong and fit. She loves to keep her workouts fun, challenging, and enjoyable. Her favorite workout routine is high intensity cardio, followed by a strength training session, and sometimes a mix of both of them.

When not in the gym, Ola loves going to the beach, swimming, the summer and spring, family time, hanging out with friends, working on her project BeFit4Akhira, and helping others.

