



EA · HEALTH & LIFESTYLE CONSULTANT

BACK TO LIFE

A Longevity Mindset Coaching Program — Extended Journey

24 WEEKS

2,415 SAR

WHO YOU'RE WORKING WITH

Coach Eslam Adel

Eslam Adel is a Lifestyle Strategist and Health & Lifestyle Consultant with nine years of experience helping clients across Saudi Arabia and the Gulf rebuild strength, structural balance, and long-term health. His approach sits at the intersection of corrective exercise, sports nutrition, and behavior-change coaching.

Nine Years of Experience

MBA — Strategic Management & Marketing (IBAS, Switzerland)

ISSA Certified — CPT & SFN

Precision Nutrition — In Progress

WHY EA

A different kind of coaching relationship

▲ Evidence-based, not generic

Every plan is built from your own assessment data — never a copy-paste template.

▲ One coach, full accountability

You work directly with Coach Eslam — not a rotating team of assistants.

▲ Built for the long run

Programs are designed around longevity and sustainable behavior change — not quick fixes.

THE 24-WEEK PROGRAM

Six things every client receives

01 **Assessment-Based Program Design**

Your training program is built entirely around your intake assessment — postural and structural screening, movement quality, training history, lifestyle and goals. Not a generic plan.

02 **Personalized Nutrition Plan**

A nutrition strategy built around your behavior patterns and goals — not just numbers on a plate — designed to fit your real life.

03 **Supplementation Plan — Blood-Analysis Based**

Your supplement protocol is built from your blood work and mineral status, targeting your actual deficiencies rather than generic stacks.

04 **Reassessment Every 40 Days**

A full progress reassessment every 40 days to track real change and guide the next phase of your program.

05 **Flexible, Results-Driven Adjustments**

Your training and nutrition plan are actively edited based on your results. Nothing stays static if it isn't working.

06 **Zoom Coaching Call Every 20 Days**

A live one-to-one video session with Coach Eslam every 20 days to review progress, answer questions, and stay accountable.

YOUR PROGRAM STARTS WITH A FULL ASSESSMENT

Nothing is designed until we understand you

Every 24-week program is built on a complete, multi-layer assessment. This is where your custom program design, nutrition plan, and supplementation protocol all come from.

✔ Postural & Structural Assessment

Screening across five key joint regions

Movement & Mobility Screening

✔ Training History & Injury Screening

✔ Nutrition & Behavior Assessment

✔ Lifestyle, Sleep & Stress Evaluation

✔ Goals & Motivation Mapping

✔ Medical History & Blood Work Review

PROGRAM RHYTHM

How your 24 weeks are structured



READY WHEN YOU ARE

Start Your 24-Week Journey

FULL 24-WEEK PROGRAM

2,415 SAR[BACK TO LIFE](#)

Your investment includes your full assessment, custom program design, personalized nutrition plan, blood-analysis-based supplementation plan, 4 full reassessments, and 8 live Zoom coaching calls with Coach Eslam.

HOW TO START

Three simple steps

1 Book your assessment

Message Coach Eslam to schedule your full intake assessment.

2 Receive your custom plan

Your program, nutrition, and supplementation plans are built from your results.

3 Begin your 24-week journey

Train with full coaching support, reassessments, and Zoom check-ins along the way.

READY TO BEGIN?

Message Coach Eslam on Instagram**@coacheslam07**