

S A R A

Babar

HOLISTIC HEALTH AND WELLNESS COACH



ABOUT ME

Hello my name is Sara. I am an integrative health and wellness coach, who has been working in the food and beverage industry for over a decade now. Early this year I decided to combine my passion and knowledge for food and wellbeing to start up a coaching and consultancy practice.

My personal journey has been nothing short of a marathon that I am still running, and is what led me to pursue coaching as a profession. In order to understand nutrition better and coach myself through my own weight loss journey, I enrolled at IIN (Institute of Integrative Nutrition) and became a holistic health coach. From there I continued to get certifications in hormone health, gut health and so forth. This past year I also became a certified fitness instructor through (IFA) and an indoor cycling coach at my local studio in Bahrain.

Having battled PCOS and thyroid throughout my 20s, I would always look towards quick fixes and fad diets to help me manage my weight. Unfortunately these came with their price. I was in a perpetual state of losing weight too quickly and then instantly gaining it back and more when I stopped. My sleep was poor, and due to low levels of energy I would hardly train properly.

Over the past 3 years I have successfully managed to lose 55KG, without gaining anything back. This was all done through understanding the role of nutrition, the kind of exercise and movement I needed and, above all, focusing on my hormone health. I have worked closely with all kinds of professionals and have gained a great deal of insight along the way. My biggest takeaway to date is that any kind of transformation requires a knowledgeable team that helps guide and support you. I could not be doing what I am doing without my team and now I would like to extend this support forward.

Although I am still on my journey and have yet to reach my end goals, I didn't want to wait to start coaching others until I was finished. As I continue to learn and go through my own journey, I feel that makes me a more relatable coach. I believe that that as a real life example of someone who has seen both sides of the spectrum in the health and fitness industry, I want to be able to lead by example and motivate people to live their best possible lives, through the correct guidance.

My personal experience has equipped me to help others and understand that this is not a one size fits all. I am extremely passionate about being a spokesperson and coach for individuals and would like to be given the opportunity to change lives.

Your organization embodies all the key principles of health and wellness, and I would be honoured to play a small role in being able to make a difference with you.





@sarababar



www.sarababar.com