

## FITNESS COACH & DIET/NUTRITION COACH – PROFESSIONAL CV

Name: [Your Name]

Location: India | Online Coaching (Global Clients)

Experience: 7+ Years | Specialised Women's Fitness Coach

### PROFILE

Dedicated Fitness & Nutrition Coach specialising in weight loss, PCOS/PCOD management, postpartum fitness, desk-job pain relief (neck/back), and personalised transformation plans. I combine science-backed workouts with simple, sustainable diet strategies for long-term results. Experience training clients across India, UAE, Kuwait, Qatar, Singapore, and NRI clients worldwide.

### CORE EXPERTISE

- Weight loss & inch loss programs (home/gym)
- PCOS/PCOD-friendly training
- Prenatal & postnatal workouts
- Women aiming for pregnancy
- Desk-job stress, neck & back pain correction
- Toning & strengthening for beginners to advanced
- Custom diet plans – South Indian, veg/non-veg, calorie deficit
- Intermittent fasting & thyroid-friendly nutrition
- Body recomposition & habit building
- Mobility, stretching & posture correction

### PROGRAMS OFFERED

- 45-minute personalised online sessions
- 1-on-1 transformation coaching
- 30-day intensive weight-loss programs
- Couple fitness training
- Nutrition-only guidance plans
- Full body + strength + core + mobility programs
- Custom training for knee pain, obesity & lifestyle disorders

### CLIENT RESULTS

- 3–10 kg fat loss within 1–3 months (avg)

- Inch loss, improved energy levels, better sleep cycles
- Pain-free mobility for desk workers
- Hormonal balance-focused plans for women

## CERTIFICATIONS

- Certified Fitness Trainer
- Certified Nutrition & Diet Planning Specialist
- Pre/Postnatal Fitness Certification
- Strength Training & Functional Fitness

## PLATFORMS & TRAINING STYLE

- Zoom/Google Meet sessions
- Progress tracking – weekly check-ins
- Diet charts, grocery lists, lifestyle corrections
- Beginner-friendly, sustainable routines
- Support for NRI clients (flexible timing)

## CONTACT

- Available for online coaching worldwide
- 45-min sessions | Monthly packages available
- Personalised pricing for international clients