

## **Tejas – My Fit Buddy**

Fitness & Lifestyle Coach | Personal Training (Online & Offline) | Online Consulting

### **Professional Overview**

- 8+ years of experience in the fitness industry
- Successfully coached 500+ clients across fat loss, fitness, and lifestyle goals
- Experience working with beginners, busy professionals, and special populations

### **Areas of Expertise**

- Sustainable fat loss & body recomposition
- Inch loss, strength building & overall fitness improvement
- Lifestyle correction & habit formation
- Personal training & consulting-based coaching

### **Personal Training (Online & Offline)**

- One-on-one structured training sessions
- Online live sessions or offline in-person training
- Exercise form correction & technique guidance
- Customized workouts based on goals & fitness level
- Accountability, motivation & session-wise progression

### **Online Consulting**

- Detailed lifestyle, routine & health assessment
- Personalized nutrition guidance (no extreme dieting)
- Structured workout planning (home or gym based)
- Weekly progress monitoring & plan adjustments
- Habit-building support for sleep, stress & consistency
- WhatsApp-based guidance & support

### **Coaching Philosophy**

My coaching focuses on long-term habit formation, clarity, and consistency. I do not believe in shortcuts, crash diets, or temporary fixes. The goal is sustainable progress that fits real life.

### **Professional Certifications & Qualifications**

#### Core Fitness Certifications

- Diploma in Personal Training – K11 School of Fitness Sciences
- Certified Personal Trainer for Special Populations – K11 School of Fitness Sciences
- Certified Sports Nutrition – K11 School of Fitness Sciences

#### Advanced Coaching Certifications

- Natural Bodybuilding Prep Coach – IESSN
- Bodybuilding Competition Prep Coach – IESSN

#### Safety & Professional Awareness

- CPR Awareness Certification – Ruby Hall Clinic (2025)