

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 – IESEN
- Bodybuilding Competition Prep Coach – IESEN

Safety & Professional Awareness

- CPR Awareness Certification – Ruby Hall Clinic (2025)