

## **ABOUT ME-**

Amrutha Varsha

Physiotherapist

Certified Personal Trainer and Group fitness Instructor

Prehab and Rehab Trainer

Pre and Postnatal Exercise Specialist

Over 5 years of experience in the fitness and rehab industry.

## **SERVICES PROVIDED**

One on One Personal Training for Women

Group fitness classes for Women

Online Physiotherapy Sessions for Men and Women

Online Pre and Post pregnancy classes for Women

Nutrition consultation and Diet plans

## **AREAS OF SPECIALIZATIN**

Weight management

Healthy eating

Joint pain

Injury treatment

Diastasis Recti

Postpartum fitness

Strength training

Endurance training

Weight lifting

Healthy Lifestyle

Please call or send a message to discuss your requirements.

Thankyou.