Home Page:

1. Change the Hero Image to Fit Valley Logo
2. Change - Your Body Is What You Make Of it to The Body Achieves what the Mind Believes
3. Add 2nd sentence – We conduct live group fitness sessions online.

About Me:

1st Para, the intro:

A CERTIFIED Fitness & Personal trainer / Nutritionist & Diet planner / HIIT(High Intensity Interval Training) Trainer and Special Population (Mobility Impaired)trainer, experienced in working at Gyms in the field of Strength training and Weight Loss programs.

3rd Para

Highly passionate about sports and fitness, who is always there to deliver the knowledge of fitness back to the community.

4th Para

A regular 10 – 5 corporate employee turned FITNESS ENTREPRENEUR, who is looking forward to bringing change in the lifestyle of an individual by incorporating an exercise regime with a scrumptious, healthy diet.

5th Para

A decade of experience in the corporate world has taught two things, the 'NEED' of your client and the way you deliver according to it. I believe, if an individual understands these two aspects, then one can succeed in building a good foundation for a business. Right now, the need of the hour is to take care of the physical and mental health of the community at large. Therefore, the necessity to maintain a healthy lifestyle is more than ever.

6th para

FIT VALLEY's primary objective is to take care of the physical and mental health of an individual by encouraging him/her to take up various physical fitness sessions live online and along with that, we help formulate a healthy, balanced diet plan for our clients. The new online mode of assisting people in group exercise sessions enables the trainer to care for everyone individually, as the number of participants per session is limited to a set count/number of heads.

7th Para

Therefore, get fit by visiting the FIT VALLEY. We make strong individuals both physically and mentally.   
Remember, “THE BODY ACHIEVES WHAT THE MIND BELIEVES”.

Page – Workout:

Change “Expert” to “Advance”

Beginner – Yoga

Inward Block

Remove “The”

Alternate Single Leg

FIST – Functional Isometric Strength Training Plan