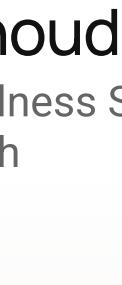


Strong Minds, Steady Energy, Better Mondays

Helping corporate professionals reverse lifestyle diseases through mindful movement, functional fitness, and nutrition.

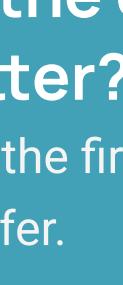
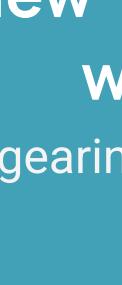


What We Bring to Your Workplace



Individual Assessment & Medical History Discussion
Individual health and fitness profiles discussed for safe participation

Mobility & Posture Fixes
Relieve office-related pain and stiffness.



Lifestyle Disease Prevention
Address early signs of diabetes, BP, and thyroid naturally.

Mindset, Habits & Nutrition
Sustainable routines that boost performance and resilience.

• GROUP PROGRAM WITH THE PERKS OF PERSONAL COACHING •



“Having right coach by your side is extremely crucial for individuals growth, be it any field. She is thorough professional and knowledgeable.”



SAURABH JOSHI

Product Consultant at Juniper Networks

The Mind Behind SASF

Deepa Choudhary
Corporate Wellness Strategist & Health Coach

FOUNDER
STAY ACTIVE STAY FIT (SASF)

“I've trained with her for over 2 years now and she always ensures she understands our goals and tailors a training program accordingly.”

ANUJSHA VEDHANAYAKI

Team Lead at Securin Inc.



“Deepa was the first trainer who truly helped me identify what I was looking for in my fitness journey.”

SANDEEP PATIDAR

Engineer Manager at Zynga

“Deepa is a phenomenal personal coach who combines expertise, care, and enthusiasm in a way that truly transforms lives. I highly recommend Deepa to anyone looking to achieve their fitness goals.”

RAMYA SRINIVASAN

Associate Director at Deloitte Consulting

