

Strong Minds, Steady Energy, Better Mondays

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

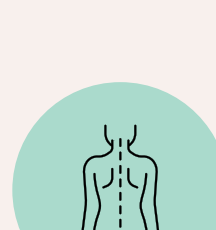


What We Bring to Your Workplace



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.



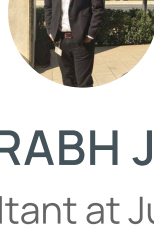
Mindset, Habits & Nutrition

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)



Coaching Since

2019

Trained **6,000+**

People Globally

Delivered **100+**

Corporate Sessions

Stay Active, Stay Fit — where wellness meets performance.

The New Year's just around the corner —

why wait to feel better?

We're gearing up for SASF! Be among the first to enjoy

our pre-launch special offer.

• AVAILABLE IN ONLINE AND OFFLINE MODULE •



Connect with us via email: deepa111choudhary@gmail.com



My LinkedIn: <https://www.linkedin.com/in/deepa-choudhary-9b18a91a1>

What My Client Says



“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



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

—

ANUSHA VEDHANAYAKI S.

Team Lead at Securin Inc.



“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