

GRAVITY

HOLISTIC FITNESS STUDIO



I was introduced to Aditya by Ms. Shiny Surendran, a Chennai based leading Holistic Nutritionist, under whose guidance I had a very effective weight management program. She advised that I go through a musculoskeletal assessment to be followed up with a fitness routine.

My first impression about Gravity Fitness when compared with others in the industry was its impressive layout. The stark contrast, which also happens to be the highpoint of this Studio, is having just one Treadmill. Though I've never enrolled for any fitness center in my life, I consider this as one distinctive point.

Despite my modest attempt for some discrete walking, the assessment clearly exposed years & decades of my sedentary lifestyle. Beginning end July 2018, Aditya, kick-started with basic stretching and strengthening routine.

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At the end of each session, I found it challenging to drive home the 4km odd distance. With the kind of strain, the body got exposed to, it was even harder at times to press the clutch and change gears; with many a good number of days I ended up driving in the same gear. I truly started experiencing DOMS (Delayed onset muscular soreness).

Over time, each and every part of the body responded to the drill and started shedding its inertia.

The striking traits of Aditya, I believe are his copious cheerfulness, repository of real experience and his astounding knowledge of the human physiology. His follow up mechanisms and adaptations are simply outstanding. His attention to detail on upkeep and hygiene of is quite noteworthy. In addition to shaping myself all through the training hour, I found him engaging with his dialect on all aspects of life; true to the caption of this studio **“Holistic Fitness”**. I honestly place this attribute a class apart and cut above the rest. In addition to current affairs, our discussion revolves around those posters depicting 6 Foundation Principles, or his commonly used phrase **“use it or lose it”** policy, left a deep impact in me.

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The following year, Aditya introduced and enhanced the regimen with more variants, counts and reps. The result of which has started showing by way of reduction in attire sizes. Those carefully crafted exercises did target every muscle and eased out all the stiffness. Today, I'm more elastic, active, solid, with an endurance than ever before and stable with feet firmly on the ground.

I credit the Founders of Gravity for their truly exceptional personality teamed up with all the accolades of science. It is very rare sight to experience and witness such combo under one roof. I believe this as their DNA and **USP** of Gravity Fitness.

Aditya Chillara

Holistic Fitness Coach

