



Pushpanjali Khaitan

Health Coach | Clinical Dietician | Author | Diabetes Educator

From Postpartum Struggles to Empowering Others...

Like you, I know what it feels like to look in the mirror and not recognize yourself anymore. My postpartum struggle wasn't just about weight – it was about losing myself in the beautiful chaos of motherhood. That's why I don't just see the numbers on a scale.

Your journey is personal, and so is my approach to helping you.

**Because we all deserve
to feel our best**



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- **7+ Years of Changing Lives**

Nothing makes me happier than hearing

"I never thought I could feel this good again"

- **Author of "7 Age-Defying Secrets"** with 100+ tips for looking younger

- **Proven Results:** Track record of reversing chronic conditions like **high blood pressure** and **diabetes**

Areas of Focus

Your Path to Wellness

Diabetes

Effective management and prevention strategies

Weight Loss

Sustainable methods for achieving and maintaining a healthy weight

Blood Pressure

Techniques for controlling and reducing high blood pressure

Nutrition

Importance of a balanced diet and proper nutrition

Ageing

Tips for healthy ageing and maintaining vitality

Self-Care

Strategies for overall well-being and self-care practices





Programs Offered



Various Intermittent Fasting Programs



Eat and Rest Fasting Program



Weight Loss Program



Expert Advice

Your Health, Your Way



Generalized but healthy diet for trial.



One-time consultation and reviewing of your health for personalized nutritious diet.



Monthly diet subscription with ongoing adjustments



What You Get

With Your Subscription

- **4-5kg weight loss guaranteed in 30 days**
- **Weight loss kit for you**
- **Fresh new diet plans considering homemade foods**
- **Detox diet plans**
- **Daily communication and updates**
- **Hand-held health advices for our clients**

Success Stories

Real People, Real Results

Weight Loss Journey: Worked with several young women in their 20s struggling with societal pressures and a lack of confidence.

Results: Helped one client lose 30 kg with tremendous effort and lifestyle changes, significantly boosting self-esteem and mental health.

Type 2 Diabetes Reversal: A 52-year-old client experiencing complications from diabetes.

Results: Over the 6 months, the client lost 13 kg and reduced HbA1c from 8.3 to 5.2, improving overall health and reversing diabetes progression

happy clients

happy clients

happy clients

happy clients

happy clients

happy clients

happy clients






Register today!

 **+91 9073946448**

info@stayingfit.in

www.stayingfit.in

Staying Fit by Pushpanjali Khaitan

14th Floor, Suite no. 1413, no. 16 Strand Road,
Diamond Heritage Building Kolkata - 700001

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