

Insiya

Wellness & Pain Management Therapist | Fitness & Program Management Specialist

■ 0504545049 | ✉ insiya3512@gmail.com
Open to Opportunities: Dubai | UAE | Europe

Profile Summary

Wellness and pain management therapist with 8+ years of experience in women's fitness, Pilates, strength training, and holistic wellness programs. Founder of Fit O She, specializing in customized wellness, pain relief, and lifestyle improvement programs for women.

Core Skills

Wellness Coaching, Pain Management Techniques, Pilates, Strength Training, Women's Fitness Programs, Lifestyle & Nutrition Guidance, Client Relationship Management, Program Development, Team Coordination

Professional Experience

Founder & Head Coach – Fit O She (2019 – Present)

Established and managed a women-focused wellness, fitness, and pain management studio serving 1000+ clients.

Education & Certifications

Bachelor's Degree – Sarvajanik University
Certified Personal Trainer & Pilates Instructor
Certified Nutritionist (ACSM) | Childbirth Educator (CAPPA)

Personal Details

DOB: 8 June 1992
Nationality: Indian
Languages: English, Hindi, Gujarati