

Vani (Bhalla) Pahwa

Functional Fitness Specialist, Foot & Gait Analyst, Master Rehab Trainer, Corporate Health Coach

Linked-in: <https://www.linkedin.com/in/vani-pahwa-30371a30>

Blog: <https://vanibpahwa.wordpress.com>

Website: <http://www.bodyinmotion.in>

Vani Pahwa is a Functional Fitness specialist with over fifteen years of experience, and cutting-edge certifications from leading internationally-accredited and globally recognized fitness institutes. She is a Cancer Exercise Specialist (perhaps one of the first in the country). She is also a Master Rehab Trainer, a Functional Movement Specialist, an American Council on Exercise (ACE) Certified Personal Trainer, a Foot & Gait Analyst, a Barefoot Training Specialist, a BOSU Certified Personal Trainer and a Reebok Certified Aerobics and Step Program instructor.

Through her proprietary program '**Body in Motion**' that combines her multi-disciplinary knowledge, Vani has developed expert modules for groups as well as individuals that focus on building Functional Fitness and Strength.

"It's about training for life, not events"

Vani strongly believes in "training for life, and not events" so that one trains for performance and function that make daily activities easier – be it carrying groceries, performing your work routine, playing with your children or demands of professional sport. Her passion for fitness is evident in her eagerness to share her knowledge and benefit others. Over the last decade and a half, Vani has conducted fitness workshops for leading corporate houses, conditioning and training camps for various sports communities, personal training programs for CEOs of multi-nationals, athletes, junior and

senior sports professionals among others. Her combination of specialties, client profile and range, and extensive work experience makes her unique in the country.

Vani is currently exploring Scientific Application of Training Principles and its benefits. She is also working actively towards bringing focus back on India's ancient health and fitness practices, including traditional Martial Arts disciplines and Classical Dance forms, which have become inspiration for many of the recently trending fitness routines.

Specialties and Certifications

- Cancer Exercise Specialist (CETI)
- Master Rehab Trainer (Rehab Trainer, Australia)
- Functional Movement Specialist
- Foot and Gait Analyst
- American Council on Exercise (ACE) Certified Personal Trainer
- Evidence Based Fitness Academy (EBFA) - New York, Erstwhile Master Instructor
- Barefoot Training Specialist & Barefoot Balance Trainer
- BarefootRX® Rehab Specialist
- Certified in First Aid, CPR and AED (American Heart Associate)
- BOSU Certified Personal Trainer
- Vibro Gym Trainer
- Reebok Aerobics and Step Program

Achievements and Recognitions

- A trained Bharatnatyam and Mohiniyattam dancer, Vani is a recipient of Sahitya Kala Parishad Scholarship and Indira Gandhi Priyadarshini (National) Award for Excellence and Contribution to Dance. She has travelled extensively within India and overseas, as

an empaneled member of Indian Council for Cultural Relations (ICCR), for her dance recitals and lecture demonstrations.

- Vani was featured in an Australian documentary, 'India Under Blue Skies' as one of a select group of Outstanding Young Global Indians.
- Vani is the winner of India's first adventure-reality TV show 'RAAAH', which tested the physical, mental and emotional endurance of its participants in the grueling locales of Spiti Valley.
- Vani has featured on Top Drive Getaway, a popular television series on automobiles and has recently acted in "Moh Maya Money", a movie that has earned widespread critical acclaim at various national and international film festivals.

■ You can reach Vani Pahwa at contact@bodyinmotion.in