



AVANI KHANDELWAL

CASE STUDY

"I have always gone to the gym and had no clue of how to workout at home since the pandemic hit. Before training with TeaMeraki, I was doing random workouts that didn't help. A structured approach can do wonders for you, as it did for me."

Avani approached us to help her shed some of the weight that had been creeping up on her over the span of 2 years. Having always been an active person, she was keen on keeping the momentum going throughout the lockdown, but really didn't know how to go about it. Very quickly, she realised that random workouts do a great job of getting a sweat in, but don't help your body with a specific adaptation. In terms of nutrition, she was consuming normal home food, but with little understanding of what her body required.

Avani had 2 pairs of dumbbells and a barbell available, which we incorporated into a hypertrophy-style training. The principles of progression and specificity were included, since overload was not an option. She was training 5 days a week, and performing low intensity cardio throughout the week to work on aerobic capacity.

We placed Avani slightly below her maintenance calories, since her primary goal was fat loss. Being a vegetarian, she struggled with hitting her protein requirement the most. In the initial few weeks, her protein intake was only 30-40% of the requirement. By the end of the program, she was able to hit 80% of the requirement on average. We have noticed a drop in lean body mass due to this factor.

Avani's weight and body fat graph were off to a great start. We saw a drop of about 0.5kg per week on average, and her body fat percentage was linearly dropping as well. By the end of 12-weeks of flexibly dieting and training, the client dropped a total of 6.85kg and 4.4% body fat.

As a food blogger, Avani spends hours on end in her kitchen curating some of the most appealing dishes. In spite of being surrounded with treats 24/7 she was able to achieve her goals, without compromising on eating all the delicious food that she makes. As a client, she was very curious, and consistently asked questions to deepen her understanding of training and nutrition.

At the end of her tenure with us, she mentioned that exercise has now become an integral part of her life, and that she's learned enough about nutrition to take her fitness journey further from here on.

Reach out to her via Instagram @avanii29 to hear more about her experience training with TeaMeraki!

Joined: Nov, 2020

Tenure: 3 Months

Height: 154cm

Starting Weight: 63.85 kg

Ending Weight: 57.0 kg

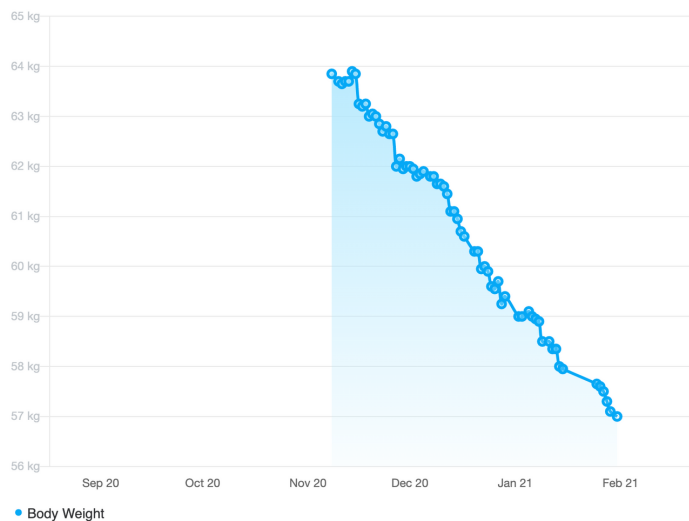
Goal: Drop Body Fat

Change in Body Fat% : 19.9% to 15.5%

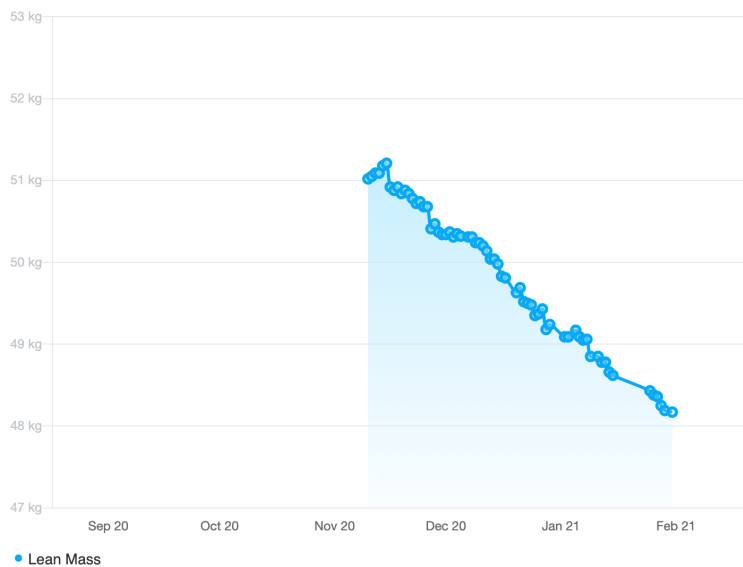
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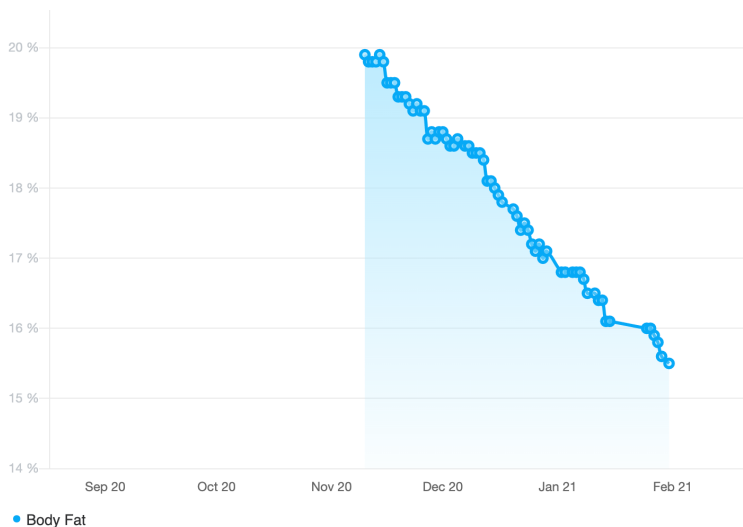
APPENDIX



GRAPH 1: CHANGE IN BODYWEIGHT (3 MONTHS)



GRAPH 2: CHANGE IN LEAN MUSCLE MASS (3 MONTHS)



GRAPH 3: CHANGE IN BODY FAT % (3 MONTHS)