

# EAT WISE, DROP A SIZE

APPROACHING WELLNESS AND FOOD HOLISTICALLY, **ANVITA CHHATWAL** HAS OVER 10 YEARS OF EXPERIENCE IN THE DIETARY AND NUTRITION INDUSTRY.

BEFORE



AFTER



**SEEMA JAIN**  
 LOST 50 KGS IN 12 MONTHS

BEFORE



AFTER



**DALJINDER SINGH**  
 LOST 60 KGS WITH US

THEN



NOW



**Taniya from Canada**  
 LOST 33 KG WITH US


**Anvita Chhatwal** (Nutritionist & lifestyle coach)

BEFORE



AFTER



**KHUSHDEEP GANDHI**  
 IS AN  
**ACHIEVER**  
 LOST A WHOPPING 50 KGS IN 1 YEAR

In today's fast-paced world, people tend to overlook their health. In fact, for many, it is not before a catastrophe that they think of revamping their lifestyle. On the other side, health and wellness are being embraced with open arms for a better quality of living. But, Anvita Chhatwal has a unique take on this. She is imparting living by blending today's food culture with tomorrow's developments.

Having attained a fellowship in applied nutrition, she has been propagating healthy living for a decade now. She is a certified nutritionist with a post-graduate diploma in Nutrition and Dietetics (PGDND). Additionally, she has a post-graduate diploma in Clinical Nutrition (PGDCN). Her expertise is in dietetics, diet counselling, public nutrition, clinical nutrition and institutional food management. Her forte lies in treating illnesses, including obesity, diabetes, PCOS and thyroid.

She has changed the lives of many who were consulted to go for bariatric surgery. Impressively, these clients displayed stellar results by shedding off 50 kilograms by following her diet plans. Her rich experience in the last ten years has helped turn around the lives of over 10000 people the world over. Her work ethic thrives on changing her client relationships with food.

A daughter to an army officer, she has an inherent drive of discipline and dedication. That is what she also brings to the wellness table. Both her professional and personal experiences have aided her in ensuring that the dietary regimes she suggests are up-to-date and relevant.



The ideology behind her practices is simple: health is not a luxury but a necessity. And her health and wellness program is focused on this aspect. Her contention is to stick to basic Indian food and add a hint of modern-day food sciences to offer transformative solutions. She loves and adores her work and endeavours to see a change in her client's health. Her upcoming program - 21 days of healthy eating - is already a big rage, both in India and overseas. One of her long-time clients is Mrs India USA Pretty Kaur Dang, the first north Indian Punjabi female to win this. Years of keeping tabs on her body, food choices and wellbeing have paved the way for earning this powerful acclaim.

This dynamic lady has ensured that all her clients get the help they need, in a holistic way. The many positive feedbacks and acclaim she has received to date is proof.