



Rashmi Cherian

Rashmi is one of the leading **High-Performance Nutrition Experts** in India. She is the **Co - Founder of Wellness Vows Nutrition clinic & Co-author of a book "The Fitness Currency"**. She has been selected as **Fit India Ambassador** for Fit India Movement, a prog by Govt of India launched by Narendra Modiji.

Her company Wellness Vows is Listed among **TOP 10 WOMEN FOUNDED COMPANIES** of the year 2021.

Rashmi has 16+ years of experience in the field of Nutrition & as a Senior Nutrition Consultant, she is associated with

- Centre of Sports Science, Bangalore (HOD)
- KB Young Blasters FC
- William Sports Management (Football)
- Sporthood
- Rebels Football Club
- Birel Art (Italian Motorsport Organization)

and many other sports academies, organizations & associations across India.

Her research papers have been published in 2 international journals.

She has also developed a Sports Nutrition Course for Bangladesh Academy of Dietetics & Nutrition (BADN).

Rashmi has a wide experience of working with different sports disciplines & has worked with **more than 500 National & International medal winners in competitive sports & more than 5000 athletes at grassroot level. Some of her athletes include India no 1 badminton doubles Shikha Gautam & Ashwini Bhat, Tennis India no 1 Showrya Samala, IPL players, pro Kabbadi teams, Punjab football club etc**

She is also the nutritionist for movie actors & actresses like Sudeep Kichcha (for Pailwaan movie), Suman Ranganath & many other directors & producers.

For more details explore her social media platforms

WEBSITE - www.rashmicherian.com

YOUTUBE - www.youtube.com/rashmicherian

INSTA - www.instagram.com/wellnessvows_rashmi/