



**Achieve your goals & vision by simply making
the means a ritual! You will have one more defined path
& hence, one less act to think about!**

VIJAY THAKKAR

Author, Fitness Entrepreneur & Functional Medicine Coach

A functional medicine expert coach and a dynamic young entrepreneur with a passion for fitness, Mr. Vijay Thakkar is a fitness entrepreneur and a business leader who writes on the topics of health, wellness, lifestyle, functional medicine, fitness and nutrition in India

His vision is to help India lead a disease-free lifestyle. This comes from a very personal experience. In 2006, he met with a fatal road accident, a speeding truck knocked him down in the crowded street in Mumbai. He never knew this fatal accident would change the way he looked at his life or his fitness forever. His shoulder was completely damaged, his jaw was broken and if this was not enough, he was in a comatose condition for several days. The doctors were already losing all hope. Luckily he managed to pull through his comatose condition. It took months to get his mind and body back to their original form.

This incident gave him a purpose, it gave him a reason to bring about change within himself, mentally and physically as well as do something to create scientific awareness about health and fitness amongst the masses. This vision and drive led him to foray into the fitness industry after a successful stint in his established family business from the financial world.

The vision remained the same from effectively managing wealth to now effectively managing the health of clients. To be able to do so, he formalized his interest by gaining further international education in his field of interest in sports fitness, which led to his attainment of the most coveted Master's Degree in Sports Management from the University of South Wales. This too wasn't enough for this enthusiastic & passionate person, who wanted to touch base on all points related to fitness, and thus he went on to acquire a fleet of International Certifications in Exercise & Nutrition Science accredited by global names.

With his keen foresight, extensive knowledge backed by international learning on various kinds of fitness models across the globe then decided to launch his brand with a vision to redefine the existing fitness industry in India through his extensive global research on addressing the contemporary themes and issues prevailing in the fitness industry. As a result, he created a brand in 2013, that now stands as India’s most awarded, premium, and celebrity fitness, an elite club offering personalized service and wellness standards to fitness enthusiasts, in the heart of Mumbai city under the brand name of “48 Fitness”. The brand encompasses all aspects of enhancing one’s lifestyle like anti-aging, general fitness, aesthetics sports fitness, etc.



48 Fitness is a celebrity hotspot. It has been backed by science and the entire brand is very result-oriented. Mr. Vijay is at the heart of it all. He has worked on fitness concepts such as FIT-X and 48- RHR. They are mega fitness workouts backed by science and very goal-oriented. These are his patented products which have transformed thousands. Amongst many other leading publications, Mr. Vijay Thakkar is also a regular fitness columnist for one of the most distinguished global business magazines, Forbes India. He is a regular speaker at industry events, corporates and B-Schools. He has received several accolades from prominent platforms in the business and fitness industry. He was listed amongst the Top 50 Most Promising Entrepreneurs at the ET Entrepreneurship Summit 2015 amongst many other awards. Here is a man with a mission of transforming many and potentially a generation.

Then came 2020, and fitness and health became paramount to the existence of human beings. The world saw a very difficult time with global lockdowns and dropping immunity levels. This was the time Vijay decided to launch a scientifically designed home workout program that can enable the homebound population to take care of their health from the comfort of their homes. He collaborated with OTT platforms and founded 8 ROUNDS. A specialized, easy 30-minute quick workout program targeting lifestyle diseases and busy professionals.

Vijay is also an authour who has recently released his much awaited book “Eating Less Is Making You Fat” which has changed the way the world has looked at the subject of fitness, health, and food. There is a famous quote- ‘Passion is the key to success and when an entrepreneur turns his passion into his career, it correlates to his desire and capacity to go above & beyond the call of duty to achieve superlative outcomes. His entrepreneurial journeys are no different from being pioneers in their offerings. 48 Fitness brand is owned by Angel Wellness Pvt. Ltd-100% subsidiary of Angel Broking.



**Fitness is more than simply a number on your weighing scale.
Fitness is about providing your body with regular exercise, a proper
diet, and enough recuperation so that it can adapt to ever-changing
conditions, life events, and prepare itself for an eternal win**

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