

*In 2016, CWRU Wellness Champion Katie Keane, put together a stellar team for the first annual HealthTrails fitness competition. This program started Deepak Sarma on an intense and inspiring fitness journey.*

Thanks to Katie Keane who asked me in January 2016 to be on her team for a 12 week fitness incentive competition that I ended up competing successfully as a bodybuilder in October. As a member of the team, the CASEFits, I became even more committed to exercising diligently and daily. Our team came in first place in the HealthTrails competition. In addition, I logged the seventh most exercise minutes out of over 250 participants.

Conversations with like-minded exercise aficionados led me to pay closer attention to my percent body fat and to lower it to around 13%, which is at the low healthy end for men my age. After noticing I was getting leaner and cut, two female friends at the gym urged me to try bodybuilding and to compete. They