

Deepak's Fitness Journey

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.

“It’s thanks to Katie Keane who asked me in January 2016 to be on her “wellness team” for a 12 week fitness incentive competition that I ended up competing successfully as a bodybuilder in October 2017. After joining Katie’s 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 spoke about the transformation that I would undergo if I chose this arduous path.

After some challenges with getting started and seeing changes, I almost gave up until I met a body building trainer, who helped me make the changes necessary to successfully complete.

Prepping for the competition was no easy task. But on October 14th, 2017, I competed in the Natural Northern USA, NPC Natural Novice Cleveland Open in 5 classes. I placed in 4 of them and received 2 second place trophies in Bantam weight, and Lightweight Novice.



There is no question that I would not have ended up on this fitness journey if it had not been for Katie’s invitation in January 2016. I am now the most fit that I have ever been in my life!”

-Deepak Sarma