

Triveni Vivek Wellness Helps 500+ Clients Achieved Health Goals

Couple-led health mission transforms lives with weight loss, lifestyle changes & disease reversal programs



Hyderabad, Telangana Aug 12, 2025 ([IssueWire.com](https://www.issuewire.com)) - Triveni Vivek Wellness, popularly known as Triveni Vivek | A Couple on a Health Mission, has achieved a major milestone in 2025 by helping over 500 clients achieve their health goals, with many experiencing 2–4 kg weight loss in just 5 days and significant improvements in overall well-being.

Led by wellness coaches Triveni and Vivek, the mission focuses on providing personalized nutrition plans, fitness guidance, lifestyle coaching, and continuous support to clients worldwide. The couple's holistic approach not only promotes healthy weight loss but also assists in managing and reversing conditions like thyroid, PCOS, and lifestyle-related diseases.

Key Achievements in 2025:

500+ clients successfully transformed

Average 2–4 kg fat loss in 5 days for challenge participants

Multiple cases of improved energy, better sleep, and reduced medication dependency

Programs accessible both in-person (Hyderabad) and online for global reach

"Our vision is to make health simple, sustainable, and achievable for everyone. We believe in guiding people with practical, everyday solutions rather than short-term fads," says Vivek, Co-founder of Triveni Vivek Wellness.

Their flagship 5-Day Weight Loss Challenge has become a community favorite, offering participants an easy-to-follow plan, accountability, and group motivation. Post-challenge, many clients enroll in personalized 30-day and 90-day programs for lasting results.

About Triveni Vivek Wellness:

Founded by husband-wife duo Triveni & Vivek, the brand has become a trusted name in holistic health coaching in India and among NRIs. Through a blend of nutrition, mindset, and lifestyle coaching, they aim to transform lives, one healthy habit at a time.

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