

Wings: Episode 23: Sports, Fitness & Flow



Wings
Celebrating India's Youth

Episode 23:
Sports, Fitness & Flow

Meghan Belsare

A Podcast hosted by Milind Agnihotri

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<https://open.spotify.com/episode/3HKO4xp1R6skZuO6booXt8>

<https://podcasts.apple.com/us/podcast/episode-23-sports-fitness-flow/id1602791277?i=1000566700727>

In this episode of Wings Podcast we meet Meghan Belsare a physiotherapist and a sports scientist who loves to analyse and get creative with every little aspect of his job and life. He has treated and trained common-wealth medal winners in wrestling

and weightlifting and is currently training olympic and common-wealth games athletes. After a stint in clinical paradigm, Meghan has now stepped into the shoes of an entrepreneur and dreams of changing the dynamics of the current healthcare spectrum of sports science and physical therapy. He blogs on sports history & science and is excited to be on a journey called life.

Meghan can be reached at:
Instagram, Website

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