



# PINKEY PATEL

DR. PINKEY PATEL, PHARMD, NASM-CPT  
FOUNDER, THE SNAPBACK, LLC

## PHILOSOPHY

Our mission is to provide simple, preventative and efficient Snapback techniques to revolutionize the pre and post natal experience. TSB is an inclusive, non-judgemental community providing tools through fitness, nutrition, consultation and planning. We gear towards celebrating the woman's journey and transition to motherhood. A thriving mom leads to a thriving family, which leads to a thriving society. We want you to do more than just SnapBack, but to become a stronger, more resilient version of yourself.

## CERTIFICATIONS

Doctor of Pharmacy  
NASM Certified Personal Trainer  
Pre/Post Natal Corrective Exercise Specialist

## CONNECT



[www.TheSnapBack.com](http://www.TheSnapBack.com)



[https://www.instagram.com/thesnapback\\_/](https://www.instagram.com/thesnapback_/)



<https://www.facebook.com/snapbackwithus/>

## CONTACT US



[hello@thesnapback.com](mailto:hello@thesnapback.com)

## HER "WHY"

Pinkey is a Clinical Pharmacist with 8 years of experience in personal training, as well as a Post-Natal Corrective Exercise Specialist. She has an expressive two-year-old daughter as well. In addition to her full-time job and family, her passion lies in preparing women for birth, the post-partum period, and helping develop thriving moms and thriving babies.

"When I was pregnant, information on pre/post natal fitness and health was inconsistent and not readily available. My passion for fitness drove me to research and formulate exercises that were safe and supportive for both me and baby. I quickly realized women everywhere lacked the resources and support required to alleviate stress and be well informed as their bodies and lives rapidly change. I started The Snapback to provide women with a safe community, simple resources and evidence based methods to implement and restore a sense of self, both physically and mentally."  
- Pinkey Patel