

SAI  
KUNG'S  
ONLY...

HOLISTIC WELLNESS

& FITNESS

FITNESS AND COACHING

DRAGON

1200 SQ FT  
AIR CON  
GARDEN  
STUDIO

PERSONAL TRAINING

# ABSOLUTE BEGINNERS



If you've been thinking "Enough is enough!  
I need to get moving, get stronger, get  
fitter, build some muscle, lose some fat"...  
then this programme is for you.



# ABSOLUTE BEGINNER TRAINING

## Picture this:

You can't remember the last time you exercised, worked out or really moved your body, but you know that enough is enough and you need to get moving, get stronger, build some muscle and get fitter. But what to do? A regular Bootcamp might be too taxing, running is a bridge too far, plus you need to be pushed.

Personal Training at Dragon Fitness and Coaching could be your answer. You can also combine with health and nutrition coaching for all-round vitality.

*"I stopped exercising many years ago when we started a family. I really wanted to get into shape but had no idea how to start. I tried a few exercise classes and even a gym membership but felt out of place and very self conscious. Then a friend recommended Ally to me.*

*I was nervous but she was very reassuring during my consultation. She really understood where I was at.... and where I wanted to get to.*

*I don't have much spare time so it's important that what time I do spend exercising I get maximum benefits - Ally does this. And now I'm seeing the results and look forward to my sessions. "*

## Why?

- We train at a pace to challenge you but not so that you are out of your depth. You are only competing with yourself
- You don't really know what to do in a gym on your own. You're afraid of hurting yourself
- You have some aches and pains and don't want to make them worse
- You're self conscious and want privacy
- You've never been the sporty one or you used to love playing sport, but a long time ago
- You want to get out of your house, have some me time, but don't want to travel too far
- You want help with your nutrition and lifestyle to make them healthier and you happier

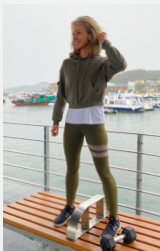
**A healthy active lifestyle can be yours. You just have to start. By training with us this is what you could gain:**

- An increased metabolism, fat loss and improved metabolic health
- Increased muscle and strength
- An improved quality of life, more confidence and a better outlook
- Improved sleep
- More energy, generally feeling better
- Fewer aches and pains
- Making better lifestyle and eating choices

## Your Trainer & Health Coach

Ally van de Pol is a:

- NASM-CPT Personal Trainer
- AAHF Senior Exercise Specialist
- SNM Certified Healing Diets Practitioner
- Certified Health & Wellness Coach
- AFPA Certified Holistic Nutritionist
- Certified Pain-Free Performance Specialist
- Naturopath (in training)
- First Aid and CPR qualified



SCAN ME

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