

SAI
KUNG'S
ONLY...

HOLISTIC WELLNESS

& FITNESS



1200 sq.ft
AIR CON
GARDEN
STUDIO

PERSONAL TRAINING

40+ TRAINING



If you're over 40, your goals and how your body trains and recovers is likely to be very different to your younger self!

"I'm a stay at home Mum, I'm 53 and I wanted to start training to become fitter, healthier and take better care of myself. I also knew I had a lack of motivation and knowledge of where to start. I was also worried that I had left it too late in life to be able to lift weights and get stronger. Meeting Ally put my mind at rest and what was achievable for me. From the start, I found Ally to be motivational and very friendly but firm when I needed to be pushed (which was and still is often). Now, I am no longer afraid of exercise or to try new exercises."

Cerys, 53 years old, Personal Training Client

40+ TRAINING

Why is it different?

Starting an exercise and training regime at this age requires certain skills and understanding from the coach because you have specific health and fitness concerns.

You may want to improve your health because of other diagnosed issues and it's important to take a multi-pronged approach to health.

"I'm 58 and a Chartered Surveyor.

I wanted to start training as I needed a disciplined approach. I felt fairly fit but knew I would benefit from a more disciplined approach where I was being pushed hard. I took the leap of faith as my wife said how impressed she was with Ally.

To date, I have really benefited from a disciplined and regular programme. It's been interesting to see my progress over time. Having worked with you for two years, I find that I am different shape - from time to time I have to throw out clothes. I would not say I am a different weight but definitely leaner and fitter."

Alan, 58 years old, Personal Training Client

Why You Should Start Thinking About Your Health Fitness and Wellness:

- Lean muscle mass decreases with age; it's important to develop/maintain muscle mass to make us look better and keep us functioning, which helps to reduce middle age spread and reduced energy levels
- 1 in 2 women and 1 in 4 men over 50 will have an osteoporosis-related fracture in their lifetime. 24% of hip fracture patients aged over 50 die in the following year - weight bearing exercise improves bone density
- Exercise has a positive effect on depression - it increases vitality, mood and social functioning, reduces anxiety and improves sleep
- Mobility is one of the most important factors as we get older; we take it for granted when we are young
- Good nutrition and lifestyle habits are just as important as being active
- Even if your mobility is hampered or you have pain from past injuries, you can still get healthier
- Being active, eating better and adopting healthy lifestyle habits can help manage or prevent chronic conditions
- Eating well at this age is crucial as our bodies need more nutrients

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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