

Healing through hard times

Sai Kung's well-loved personal training and wellness studio Dragon Fitness has moved to a new location in The Glass House and launched two healing programmes: Healing Diets Coaching and group HNF Programmes. The Glass House is a gym, consulting room and working greenhouse put together. As its name suggests, it is constructed with sustainable materials, ensuring the reach of natural light. For those who would like to eat more healthily, lose weight for good and reduce chronic health symptoms, the wellness studio has hired Ally van de Pol as Certified Healing Diets Practitioner. She will guide clients through coaching sessions face-to-face or via Zoom. Lastly, following on from the success of its individual HNF (Health, Nutrition, Fitness) Programmes, Dragon Fitness is now offering Group HNF sessions. In groups of two, the twelve-week programme encompasses everything that is needed for a strong healthy life. dragonfitnessandcoaching.com

