

# EARLY CHILDHOOD ESSENTIALS

in collaboration with

## MOTIVATION20

LAUNCHES

### M20'S FIT Kids!

Hong Kong's FIRST personal fitness training for kids aged 6-18 years.  
Our goal is to educate families and their children on the importance of a healthy and active lifestyle.

Our one-on-one (or two-on-one) fitness \*classes will;

- Improve memory, concentration and learning
- Instill discipline & respect
- Improve strength and coordination
- Increase muscle endurance
- Improve sports performance
- Increase bone density
- Improve health
- maintain healthy immune function
- Reduce the risk for injury
- Improve self-image and self-confidence

Most importantly, our custom-made programs will introduce lifestyle habits to your children that they will benefit from for years to come. Your best gift to them!

#### About the Instructor - Simon Li

"I have been an exercise consultant for 35+ years in 3 different countries - Canada, America and Hong Kong - working with an exclusive clientele. I owned and operated Hong Kong's first private fitness boutique studio. I am proof of the benefits of regular exercise and a healthy lifestyle. I look forward to sharing my expertise and knowledge with you and your family!"

#### Simon's notable achievements:

- Developing motivational fitness programs for troubled teens in Canada;
- Holding a Black Belt in Martial Arts;
- Fitness Certification from the Government of Canada;
- Learning Fitness methodologies directly from industry experts like Arnold Schwarzenegger and Joe Weider.

For more information about classes please contact: Tel: (852) 98622230

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\*CLASSES CAN BE OFFERED IN EITHER ENGLISH OR CHINESE.