



## Fitness side of me

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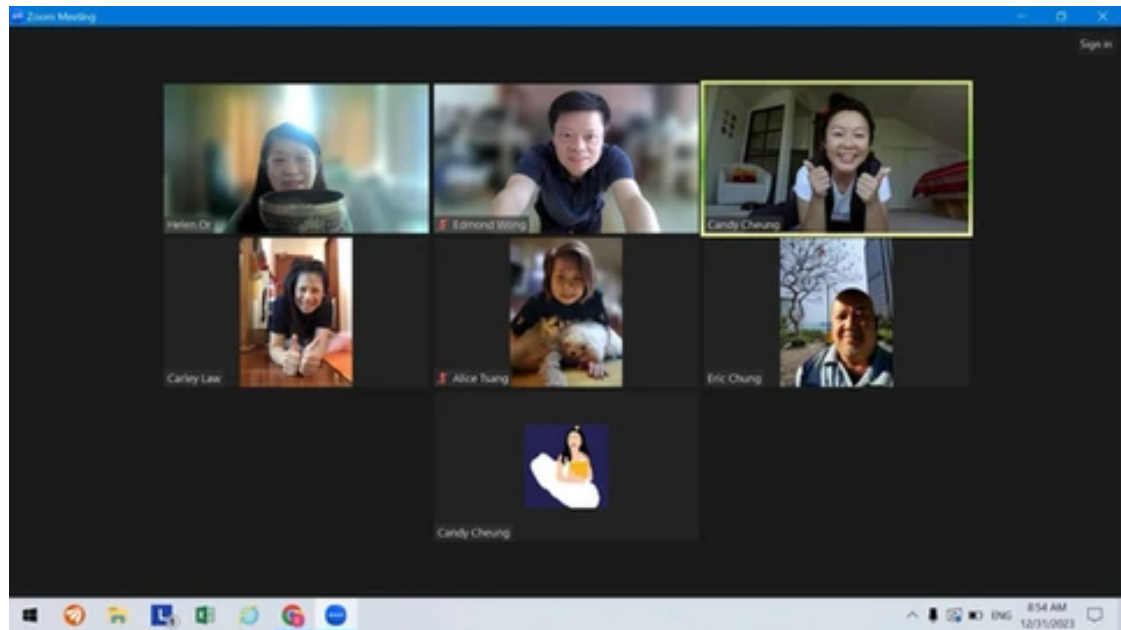
Pilates Coach Candy helps students easily grasp the key functional movements in the process, stretching and building muscles at the same time, which helps improve pain and prevent injuries.

## Practices

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Apart from founding Wellness Plus. HK in 2021 with fellow fitness coaches, Candy extends her expertise through various methods. In-person sessions provide immediate, tailored guidance, while virtual classes offer convenience and real-time interaction from afar. Pre-recorded video content serves as a resource for self-paced learning, ensuring clients always have access to educational material to enhance their practice.

Classes can be conducted in English, Cantonese and Putonghua.



## Virtual Classes

Sustain client engagement and extended to international charity organization: the Rotary Clubs



Creation of video content

Highly effective marketing tools

## Education

**2021 Sep HONG KONG**

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**Continuous Learning Centre**

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**Certificate Scoliosis Treatment**

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**2021 Apr HONG KONG**

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**POLESTAR Pilates**

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**Certified Practitioner of Pilates Mat**

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**2017 Feb HONG KONG**

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**Asian Academy for Sports and Fitness Professionals (AAFSP)**

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**Certificate in Sports Science and Fitness (Foundation)**

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