

Wellness

Power Break Series

Knowledge is power - Let's learn at lunch!

Comparing Different Types of Common Diets



21 Jan 2025 (Tue) • 1:00 - 2:00 PM • English

Have you ever wondered how the right diet could transform your health and energy levels? We'll uncover key success factors for sustainable eating and share practical tips to help you thrive on your health journey. Participate in lively discussions and walk away with personalized strategies that empower you to make lasting changes.

Don't miss this opportunity to transform your relationship with food!

Key Highlights:

- Learn about popular diets and their unique benefits
- Identify which dietary approach suits your lifestyle
- Discover key factors for maintaining long-term dietary changes
- Gain actionable strategies to enhance your eating habits



Register Now



Speaker
Tricia Yip
Founder of Limitless

Tricia Yap is a prominent figure in Hong Kong's health and fitness scene, known for her Bikini Fit concept and as the founder of Limitless, HK's first personal training studio combining fitness and functional medicine. She is a certified global women's health educator and was HK's first professional MMA fighter, inspiring many through ViuTV's G1-Fight Club. Tricia currently coaches top BJJ athletes, including China's first BJJ Black Belt, Viking Wong.