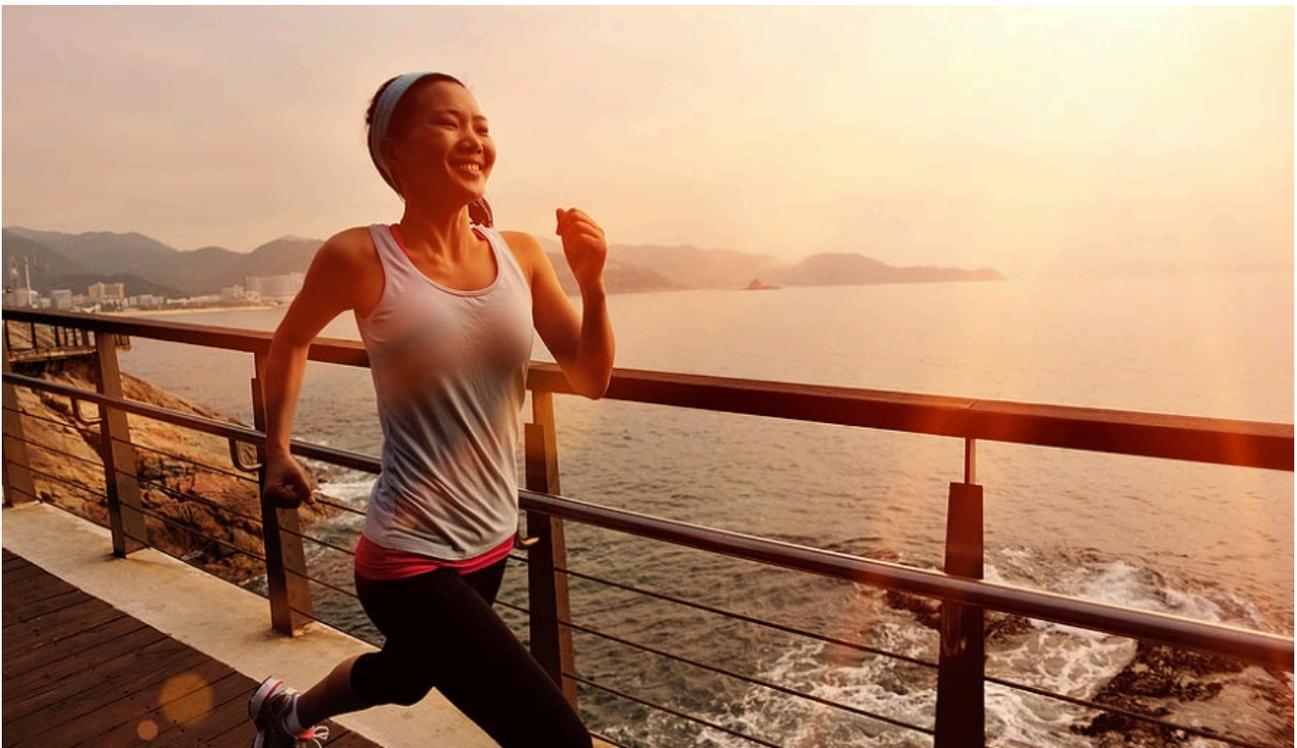


Hong Kong Fitness Past, Present & Future

What is the future of fitness in Hong Kong? Let's start by looking at Chris Watts' experience with the Hong Kong fitness scene that spans over two decades.

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PAST When Chris arrived in Hong Kong in 1997, fitness was 15 years behind the US market. The variety and scope of gyms was minimal and memberships low. Less than 10% of the population were members at a fitness club. The majority of Personal Trainers were not even from Hong Kong.

There was little diversity in training modalities and the standards were low. Local trainees had difficulty meeting standards and understanding the technical language of anatomy and physiology. They were pushed through by big training organizations with watered-down standards that were having a negative impact on the industry.

PRESENT Twenty-two years on and Hong Kong boasts one of the most diverse and vibrant fitness scenes in all of Asia. Significant money and resources is being invested in the industry.

In the Asia Pacific region, Hong Kong is presently considered the leader. You can find every type of training program on the market today in the city and the industry continues to grow.

FUTURE Regardless of which type of fitness program you choose, the future of your fitness lies in correct posture, flexibility and stability, the requisites for any activity. Without this foundation, there is an increased risk of pain, restricted motion and injury.

Motion Dynamics is dedicated to corrective postural treatment, flexibility and stability. It was the first company in Asia to integrate multiple manual treatment modalities targeting bio-mechanics, range of motion and mobility. Its exclusive protocols focus on identifying and removing resistance and tension from the superficial soft tissue structures to the deepest layers surrounding the joints.



What is Mobility?

Mobility is about unrestricted movement surrounding all 360 joints in the body. They should move in a fluid, friction-free manner. It is the secret to increased performance and decreasing the likelihood of incurring injuries. Even the best athletes do not always prepare themselves accordingly. These are the fastest and fittest athletes in the world and yet they are hurting themselves by simply running.

Recently, an elite level rugby player tore his hamstring when in full stride. It created a severe hematoma on his left quadriceps, a large muscle group. The injury covered a massive area midway between his left hip and knee covering both parts of the main quad muscle and out including the vastis lateralis. The muscles in the back of the leg are designed for acceleration, deceleration, and braking.

The soft tissue damage will take 6 weeks to repair with significant retraining required. Part of the problem was the reluctance of the player to carry out a stretch program. Over-training with too many heavy squats and lunges and not enough preparatory flexibility and mobility work was the cause. It took almost three weeks before he was able to train, and he has only just returned to full training. **Coaches please take note!**

What is Flexibility and Mobility Training?

Flexibility and mobility training is often misunderstood and under-utilized in sports, fitness, and rehabilitation. At Motion Dynamics, we focus on postural correction through a series of flexibility and stability protocols resets the body, maximising mobility.

Our signature “Stretch and Align” program is designed to prevent injury. It is equally effective in treating pain, sports and other injury.

"Our clients come in all shapes & sizes. Some have naturally thickened & resistant connective tissues that are harder to move freely but are very strong. They often lack endurance as it requires more effort to move. It is a bit like driving your car with the hand brake on."

Others are supple and possess speed and strength. They are easier to treat and generally incur fewer injuries. But they also need regular mobility training to optimize speed. Those who are sedentary carry their weight and force all around their hips and pelvis. They tend to lack both stability and flexibility and seem to have a constant battle with compression and pain. The more they exercise, the more irritation and discomfort they experience. Flexibility and mobility training will have a dramatic impact on this type of person.

At Motion Dynamics, our injury prevention and rehabilitation programs completely deconstruct faulty alignment and reduce soft tissue tension. Next, we rebuild the structure to a new default position where the body is anatomically correct, leading to optimal range of motion and maximising mobility. The target is attaining an even balance and distribution of the downward forces of gravity from left to right and front to back.



Experiencing postural realignment and correction makes the client “feel the difference”. There is a surge of renewed vigour from increased ease of movement and decreased pain levels. The resulting motivational boost empowers the individual, often resulting in a program that simply makes them want to move their body.

The future of fitness lies less in the type of workout you embrace and more in core essentials: postural correction, stretch and align with improved flexibility and stability, and injury prevention and rehabilitation. At Motion Dynamics, we prepare your body for all activities.

In fitness, variety is always the spice of life. Putting that spring back into your step will inspire you to do more.