



NATALIE LI

Training Philosophy

Don't be Extreme; Be Consistent

Qualifications

- Bachelor & MPhil of Biomedical Sciences
(Cancer Studies) (HKU)
- Certified Personal Trainer **(NASM)**
- Corrective Exercise Specialist **(NASM)**
- Precision Nutrition Level 1 Certified
(Precision Nutrition)
- BOSU Balance Training Master Trainer
(Fit-Max)
- Surge Hydro Training Master Trainer
(Fit-Max)
- ICG® Indoor Cycling Certified Coach
(Indoor Cycling Group, Germany)
- ZUMBA® Instructor
(Zumba Fitness, LLC)
- STRONG by Zumba® Instructor
(Zumba Fitness, LLC)

Training Areas

- Weight Management & Nutrition Advice
- Body Toning
- Balance & Core Training
- Zumba Fitness
- Indoor Cycling

Personal Interests

Dancing

Cooking