

FIT FAM

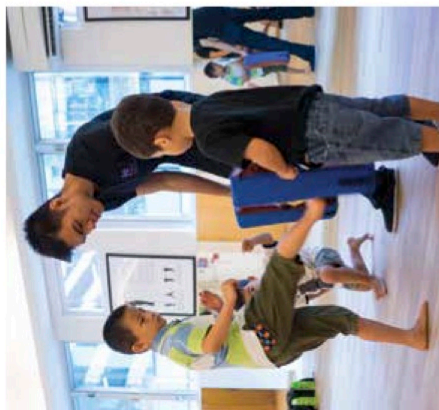
with **Kate Farr**

With autumn now in full swing, it's hard not to reach for the biscuit tin and a DVD box set as the cooler evenings draw in. So here are three healthy new classes designed to keep those yoga pants for workouts rather than pig-outs and steer the whole family away from temptation.

MIND OUT

If your kid has more energy to burn than your apartment has space, a class at **Mindful Wing Chun** will help them focus, saving your sanity in the process. This newly opened studio in the heart of Central brings Hong Kong's home-grown martial art

- as taught by Ip Man to his student Bruce Lee - to kids from three to twelve years. Focusing on



Work off that spare energy at **Mindful Wing Chun**

DO THE MUMBA

The brainchild of Jill Marshall, one of Hong Kong's most acclaimed Pilates instructors, and longstanding local wellness advocate Ifat Hindes, **Mumba** brings baby-wearing into the fitness studio with a range of pre- and post-natal workouts that allow you to keep your bum right where you can see them (while sneakily putting them to work as a free weight). Adapting elements of Nia, Feldenkrais, Yoga and TRX training to enable a safe workout for pregnant and new mums, Mumba promises a great

workout combined with a valuable bonding experience for you and your baby (gym) bunny.

Mumba trial classes cost \$200, with various packages available. For more information and schedule details see visit www.facebook.com/mumbafitness.



Work out while baby-wearing with **Mumba**



Learn to make purees with love at **IPC Foodlab**

PUREE DEDICATION

Bid bye-bye to beige mush! Farm-to-table champions **IPC Foodlab** are helping to liven up weaning with an on-going programme of baby food-making classes held at their flagship Fanling restaurant. Combining organic ingredients from local farms with fresher-than-fresh produce from their own rooftop garden, families learn how to ensure maximum nutritional value when preparing meals for their little ones.

IPC Foodlab baby food-making classes are free of charge and take place every Saturday between 10-11am. Numbers are limited to four families per class, so book your slot in advance by calling 2676-6900. www.ipcfoodlab.com.



Kate Farr is the co-founder of writing and editing agency **Editors' Ink** (editorsinkhk.com). She also blogs about Hong Kong family life at **Accidental Tai-Tai** (accidentaltaitai.com). Send your family health news to kate@editorsinkhk.com

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