



Asia Fitness & Wellness Summit

25 September 2019

Mira Hotel, Hong Kong

**The Business Network for
Health, Fitness & Wellness**

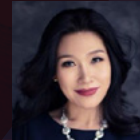
Confirmed Speakers Include



Rey Bolivar
COO
Will's Group



Danny Yeung
Co-Founder and Group CEO
Prenetics Group



Christy Cao
Founder, Chairman and
CEO
Powerhouse Gym (China)



Adam Sedlack
President
UFC Gym



John Gillman
Head, Health Solutions
(APAC)
Fitbit



Andrea Lomas
Group Head, Spa
Operations,
Mandarin Oriental
Hotel Group



Heather Thomas
Shalabi
Founder
Flex Studio



Mignonne Chen
Vice President and Head of
Wellness (APAC)
J.P Morgan



**Knattapisit
Krutkrongchai**
Chief Marketing Officer
AIA Hong Kong and Macau

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lululemon



The Wellness Company



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www.thefitsummit.com



WHY ATTEND?

Our Asia Fitness & Wellness Summit was created to better connect Asia's growing fitness, wellness and corporate wellness industries to each other and the global marketplace, whilst giving Hong Kong a unique and landmark business event – the only of its kind in the region.

We bring together the entire brand ecosystem investing in fitness and wellness – gyms, clubs, hotels, tech, insurers, equipment, apparel, nutrition, investors advisors and wellness solutions alongside corporate wellness and HR leaders. The format is a full-day, thought leadership conference with various networking sessions, a small exhibition and closing drinks reception. 225+ business owners, managers and investors, from 100 different companies, sharing insight into the future fitness, wellness and corporate wellness landscapes in Asia.

"FIT Summit was excellently executed with a great line up of professional industry experts. Industry hosted panel discussion included well thought out topics where the sharing of knowledge and experiences were encouraged."

Lisa Manser,
Director of Business Development and Spa,
COMO Shambhala



"A fantastic event that exceeded my expectations on numerous levels. The broad range of topics selected and the invited panel members that were from other sectors was refreshing. The Fit Summit had a perfect blend of learning, industry topics to debate and opportunities to network and build relationships."

Christian Mason,
Managing Director, SE Asia, **Virgin Active**



"FIT Summit is the first of its kind in Asia, connecting and empowering the fitness and wellness community through networks and expertise. Not only has having access to top-level leaders for mentorship been invaluable but linking parallel businesses and learning from one another will ultimately boost the entire industry!"

Linda Tang,
Co-Founder, **WeBarre**



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KEYNOTE SPEAKERS



ADAM SEDLACK
President
UFC Gym



KEEN YIM
Brand Director,
Asia-Pacific
lululemon



REY BOLIVAR
COO
Will's Group



CHRISTY CAO
Founder, Chairman and
CEO
**Powerhouse Gym
(China)**



KNATTAPISIT
KRUTKRONGCHAI
Chief Marketing Officer
**AIA Hong Kong and
Macau**



DANNY YEUNG
Co-Founder and Group
CEO,
Prenetics Group

GUEST SPEAKERS



SCOTT MONTGOMERY,
Founder & CEO,
WellteQ



MARCO FERDINANDI,
Vice President (Fitness),
Premium Brands,
Will's Group



SEAN TAN,
Director,
True Fitness



ROBERT SAWHNEY
Regional Key Account
Manager, APAC
Technogym



LAURIE MIAS,
Founder and CEO,
**REVIVO Wellness
Resorts**



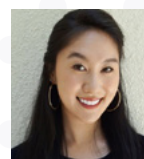
DR. JONATHAN SEAH,
Executive Chairman,
LifeHealth Group



JOHN GILLMAN,
Head, Health Solutions
(APAC),
Fitbit



DR. ZOE FORTUNE,
CEO,
**City Mental Health
Alliance Hong Kong**



MEGAN LAM,
Founder and CEO,
Neurum

more info @ www.thefitsummit.com



GUEST SPEAKERS



HEATHER THOMAS
SHALABI,
Founder,
Flex Studio



ED HAYNES,
Founder,
**Coastal Fitness
Performance Training**



CHRIS REED,
Author, LinkedIn
Influencer and CEO,
Black Marketing



ROCKY CHOW,
Chief Commercial
Officer,
**Hong Kong Rugby
Union**



KATIE POTTER,
Vice President, Benefits
& Wellness (Asia),
Goldman Sachs



JANE WANG,
Cluster Director, Spa &
Fitness, **W Hong Kong
and The Ritz-Carlton
Hong Kong**



ANDREW COX,
Director and Co-
ownership,
Joint Dynamics



ROSS CAMPBELL,
Founder and CEO,
FIT Summit



MIGNONNE CHEN,
Vice President and
Head of Wellness (Asia-
Pacific),
J.P Morgan



KHYLL TY-RHYS,
Senior Benefits
Program Manager
and APAC Wellness
Specialist, **LinkedIn**



SIMON SHEPHERDSON,
Founder,
**International Leisure
Consultants**



LINDA TANG,
Co-Founder,
WeBarre



ANDREA LOMAS,
Group Head, Spa
Operations,
**Mandarin Oriental
Hotel Group**



TRICIA YAP,
Wellness & Fitness
Entrepreneur and
Advisor



MIKE BEENEY,
Director, Asia-Pacific,
MYZONE



MAGGIE LIN,
Brand Ambassador,
lululemon



HUMPHREY LEUNG,
Regional Business
Manager
Precor



ANTHONY KELLY,
Co-Founder and CCO,
Glofox



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AGENDA – 25 SEPT

We have created a content driven, interactive day of thought leadership and market insight for you to benefit from. The day includes a number of keynote presentations, panel discussions, all with audience interaction and relaxing networking sessions across the full day. Topics of discussion include:

- 08.15** Registration, Morning Wellness Refreshments and Networking
- 09.15** **WELCOME REMARKS** – Market Reflections and Observations
Ross Campbell, Founder & CEO, **FIT Summit**
- 09.25** **KEYNOTE ADDRESS**
Robert Sawhney, Regional Key Account Manager, APAC, **Technogym**
- 09.30** **KEYNOTE ADDRESS** – (CHINA'S LARGEST GYM CHAIN)
Rey Bolivar, COO, **Will's Group**
Marco Ferdinandi, Vice President – Fitness, Premium Brands, **Will's Group**
- 09.45** **KEYNOTE ADDRESS** – (WORLD LEADING APPAREL BRAND)
Keen Yim, Brand Director, Asia-Pacific **lululemon**
- 09.55** **KEYNOTE PANEL DISCUSSION** – Industry Leadership Perspectives on the Sports, Fitness & Wellness Landscape in North Asia
Rey Bolivar, COO, **Will's Group**
Knattapisit Krutkrongchai, Chief Marketing Officer, **AIA Hong Kong and Macau**
Sean Tan, Managing Director, **True Fitness**
Keen Yim, Brand Director, Asia-Pacific **lululemon**
Robert Sawhney, Regional Key Account Manager, APAC, **Technogym (panel moderator)**
- 10.40** High Intensity Interval Speed Networking followed by Wellness and Refreshment Break
- 11.20** **GUEST ADDRESS** – The Future of Wearable Technology in Fitness, Health and Wellness
John Gillman, Head, Health Solutions (APAC), **Fitbit**
- 11.30** **GUEST ADDRESS** – The Future of Biohacking and the Applications of Genetic Testing
Danny Yeung, Co-Founder and Group CEO, **Prenetics Group**
- 11.40** **GUEST ADDRESS** – Using Technology to Improve Your Well-Being and Mental Health
Megan Lam, Founder and CEO, **Neurum**



AGENDA – 25 SEPT

11.50 **PANEL DISCUSSION** – How Are Businesses Successfully Incorporating Wellness into Their Employees' Work Lives and Workplaces?

Mignonne Chen, Vice President and Head of Wellness (Asia-Pacific), **J.P Morgan**
Katie Potter, Vice President, Benefits & Wellness (Asia), **Goldman Sachs**
Khyl Ty-Rhys, Senior Benefits Program Manager and APAC Wellness Specialist, **LinkedIn**
Dr. Zoe Fortune, CEO, **City Mental Health Alliance Hong Kong**
Scott Montgomery, Founder & CEO, **WellteQ** (**panel moderator**)

12.30 **Networking Lunch**

13.40 **PANEL DISCUSSION** – Where Are Investors and Businesses Investing for New Experiences and New Growth?

Christy Cao, Founder, Chairman and CEO, **Powerhouse Gym (China)**
Rocky Chow, Chief Commercial Officer, **Hong Kong Rugby Union**
Marco Ferdinandi, Vice President – Fitness, Premium Brands, **Will's Group**
Humphrey Leung, Regional Business Manager, **Precor**
Mike Beeney, Director, Asia-Pacific, **MYZONE** (**panel moderator**)

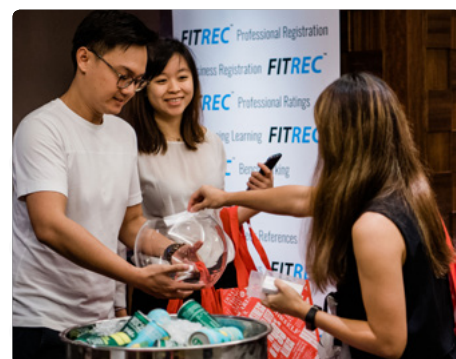
14.20 **PANEL DISCUSSION** – The Concepts and Growth Strategies of Successful SMEs and the Reasons for Their Success

Danny Yeung, Co-Founder and Group CEO, **Prenetics Group**
Heather Thomas Shalabi, Founder, **Flex Studio**
Linda Tang, Co-Founder, **WeBarre**
Chris Reed, Author, LinkedIn Influencer and CEO, **Black Marketing**
Jack Thomas, Founder and CEO, **BASE** (**panel moderator**)

15.00 **Networking with Wellness and Refreshment Break**

15.30 **MINDFULNESS RESET**

Maggie Lin, Brand Ambassador,, **lululemon**



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AGENDA – 25 SEPT

15.35 **PANEL DISCUSSION** – Perspectives from Recreational Clubs, Sports Clubs, Hotels and Spas; Where does the Fitness and Wellness Experience for Members Now Begin and End?

Laurie Mias, Founder and CEO, **REVIVO Wellness Resorts**

Jane Wang, Cluster Director, Spa & Fitness, **W Hong Kong** and **The Ritz-Carlton Hong Kong**

Andrea Lomas, Group Head, Spa Operations, **Mandarin Oriental Hotel Group**

Simon Shepherdson, Founder, **International Leisure Consultants** (**panel moderator**)

16.10 **PANEL DISCUSSION** – Capitalising on Emerging Industry Trends (Personalised Fitness, the Franchise, the Lifestyle Company and Integrated Wellness)

Dr. Jonathan Seah, Executive Chairman, **LifeHealth Group**

Ed Haynes, Founder, **Coastal Fitness Performance Training**

Andrew Cox, Director and Co-ownership, **Joint Dynamics**

Tricia Yap, Wellness & Fitness Entrepreneur and Advisor (**panel moderator**)

16.45 **CLOSING KEYNOTE ADDRESS**

Adam Sedlack, President, **UFC Gym**

17.00 **Networking Cocktail Reception**

Reception Kindly Sponsored By:



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CO-HOST NETWORKING RECEPTION



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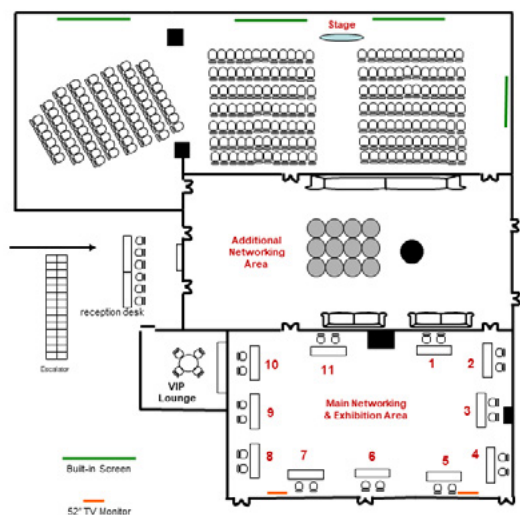
WHY SPONSOR/EXHIBIT

If you want to tap into the growing health, fitness and wellness market, then sponsoring or exhibiting at FIT Summit is the best opportunity to do so. There is no other b2b event in Asia for health, fitness and wellness. We are truly unique. Whether you are a large multinational company, a leading independent brand, or a new start-up, there is tremendous value in leading, championing and influencing the industry's future direction. As a sponsor or exhibitor at FIT Summit you can do that. Join us today and secure any of the following benefits you wish:

- **Speak and Demonstrate Your Thought Leadership On-Stage**
- **Advertise to Raise Your Brand Awareness and Profile**
- **Distribute Your Digital Content**
- **Access New Business Development and Clientele**
- **Pre-Summit Introductions to Speakers and VIP Guests**
- **Secure Discounted Summit Tickets**
- **Book an Exhibition Stand or Table Top at FIT Summit**
- **Co-Host our Networking Breaks and Closing Reception**

Interested in exploring how we can get you involved? Contact Ross (+65 82689834, ross@thefitsummit.com) or Jolin (+65 9170 7665, jolin@thefitsummit.com) to discuss all opportunities open to you and your company.

Exhibition & Table-Top Opportunities



Function Rooms – 11 table-top booths. ALL table-top booths with table size 1.5' (W) x 6' (L). 2 chairs per booth

We have 11 exhibition spaces (table tops) on offer at the 2019 Asia Fitness & Wellness.

To book your exhibition space please contact

Ross Campbell
ross@thefitsummit.com
 +65 8268 9834

As soon as possible



"It is rare in the industry to bring together so many high-level industry people across all segments together under one roof to actually participate and share. A truly fantastic event."

Robert Sawhney,
 Key Account Manager, APAC,
 Technogym



TICKET REGISTRATION

Book and pay online by **clicking here** or by contacting:

e: be@thefitsummit.com t: +852 2137 3012 w: www.thefitsummit.com/events/asia

INDIVIDUAL TICKET

Below are the ticket prices for one delegate ticket. All prices are in Hong Kong Dollars (HKD)

On Sale Now, Offer Ends 31st May 2019

Early Bird Ticket: SOLD OUT

On Sale Between 1st June 2019 and 31st July 2019

General Ticket: SOLD OUT

On Sale Between 1st August 2019 and 25th September 2019

Last Chance Ticket: HKD\$4,495

For general enquiries and speaker enquiries please contact: ross@thefitsummit.com

For delegate and ticket enquiries please contact: be@thefitsummit.com

For sponsorship and exhibition enquiries please contact: jolin@thefitsummit.com

For marketing and media enquiries please contact: day@thefitsummit.com

Delegate Terms and Conditions

- Your FIT Summit registration includes access to all presentations and networking opportunities; all food and refreshments during the Summit sessions; all Summit presentation slides and notes for training purposes; access to international experts; access to exhibition and networking room; on-site assistance with networking; and a guest pass to attend our evening cocktail reception. For food, while every effort is made to address specific dietary restrictions, we cannot guarantee that all requests can be served. Attendees are encouraged to let us know about their dietary requirements in advance, so we can plan for those.
- Payment of the full delegate/delegation fee is due 14 days after the invoice date, or immediately, if the registration is made within one month of the Summit. Our full bank account details are on the invoice. Please note your booking is only valid after full payment is received. Entrance to the Summit is therefore subject to full payment being received. We recommend you check with your Finance Department that payment has been made before travelling to the event.
- Cancellation requests must be submitted in writing to be@thefitsummit.com. The refund policy is as follows. Cancellations made between 30 and 90 days prior to the start of the event will be refunded less a 75% administrative charge. Cancellations made within 30 days of the start date of the event will receive no refund. If the cancellation is made within 30 days of the start date of the event and the full payment has not yet been received, the delegate will still be held liable for the full payment of the registration fees. In the case of early bird bookings (those delegates registered well in advance of the event) if a cancellation is made on a booking after 90 days of the invoice being issued no refund will be given but a credit note will be issued. Any refunds will be made after the event and within 90 days.
- Substitutes can be made at any time leading up to the Summit, until three days before the event. Places are for the named delegate/delegation only and are for representatives of the registering company only unless otherwise agreed with FIT Summit. Places are not transferable on the day of the event, or, on the three days before the event. Substitutes made three days (or less) prior to the event can be refused if security and vetting checks have not been successfully carried out. Substitution requests can be sent to be@thefitsummit.com, please include: full names of both the original delegate and substitute delegate.
- Please note that in case of force majeure FIT Summit Pte. Ltd. is relieved of all obligations. Force majeure includes any circumstances beyond the will of FIT Summit that impedes permanent or temporary compliance with their obligations, such as 'acts of god', war, danger of war, government regulations, revolts, strikes, transportation difficulties, fire or severe disturbances affecting the event organisation or its suppliers

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