

OUR TEAM



HUGO SERGE D'ALMEIDA
REHABILITATION, MOBILITY & PERFORMANCE COACH



Hugo Serge D'Almeida specialises in strength conditioning, mobility, sports rehabilitation and nutrition consulting in various areas including pre- and post-natal care, sports injuries, postural alignments, weight loss, and body composition goals. Particularly adept at motivating patients through his treatment methods, Hugo has a special interest in helping people overcome low mood and depression through strength training, counselling and lifestyle changes. He uses the “lift and shift” method - weight lifting combined with counselling - to alleviate low mood and combat negative thought patterns.

Over the years, Hugo has developed his practice by tailoring his programmes to focus on client-specific requirements, ultimately helping to guide them on their individual rehabilitation journeys.

Through his multi-faceted approach, he has achieved a high level of success and recovery rate, delivering achievable and sustainable results for an optimal sense of wellbeing.

Hugo D'Almeida- Session Fee: HK\$1200
Please contact reception to check booking availability.