

# Liv.

HONG KONG'S WELLNESS MAGAZINE

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**IT'S OUR  
FIRST  
ISSUE!**

**Just a  
Quickie**

15-minute fitness?  
Sign us up

**Flying Yoga**

is reviewed by an  
exercise newbie

**Caring  
Cambodia**

support social enterprises  
while you travel



**ORGANIC  
VEGGIES**  
that don't  
cost a bomb

**A HEALTHY  
FUDGE  
RECIPE?**  
we show  
you how

**Eat  
clean now!**

We meet Hong Kong's  
new superfood gurus

# HOT RIGHT NOW

News from the wellness scene

## TIP TOP

Lindsay Jang, the restaurateur behind the ever-popular Ronin, Yardbird and Sunday's Grocery, has branched into fitness with the launch of **Topfit**, which opened at the end of September. The elite training gym, situated on the cusp of Central and Sheung Wan, is geared toward fitness mad c-suite types, with high-end equipment and bespoke group classes. Serious athletes can opt for specialised personal training that delivers real results. All of this, of course, without skimping on luxury and style. The curved grey walls, super amenities and views over Queen's Road Central all make Topfit a luxe addition to the fitness scene.

3/F, The Wellington, 196 Wellington St.,  
Sheung Wan, 2776-7298, [www.top-fit.com](http://www.top-fit.com).



## TWICE THE SPICE

**Spicebox Organics**, Sai Ying Pun's USDA organic health food store, is bringing its pantry essentials to a brand new location on Caine Road. Expect Spicebox's own label of carefully sourced grains, pulses, flours and other cookery essentials, plus a great selection of healthy goodies from both local and international brands. What's more, shoppers will be able to make a proper visit of it, with the addition of a petite cafe serving gluten-free muffins, healthy cakes and bulletproof coffee, to name just a few treats.

Shop 1, Golden Valley Mansion, 137 Caine Rd.,  
Mid-Levels, [www.spiceboxorganics.com](http://www.spiceboxorganics.com).

