

XIAOLI LI

Xiaoli is an international student from China. Early in life, she pursued her love of long-distance running. An injury in competition initially prevented her from pursuing her dream. She gradually realized that the true meaning of sport is not only to make herself strong, but to also help others become stronger together while striving for lifelong health. Xiaoli is a certified Personal Trainer through the American Council on Exercise (ACE). She specializes in using the human body's energy system movement principle to achieve physical goals.

Xiaoli really likes challenges. She is participating in multiple sports, such as boxing, marathon racing, tennis and strength training. Her passion for sports provides her with a steady stream of energy to pass on knowledge, and to help others. Her background in sports education and 15+ years of athletic experience, are tools she uses to help others achieve their short term and long term goals.

Xiaoli's favorite quote is: "Exercise is not a means of health, it is a part of life."

