

**Kerry That Weight**  
**The Philippine Star (Wry Bread)**  
**March 20, 2016**



*Kerry Sports Manila's lower floor at Shangri-La at the Fort with the latest equipment and facilities. The NBA-grade basketball court, the squash and tennis courts are on the upper floor.*

Talk to practically any fitness or health buff and if he has had a chance to visit Kerry Sports Manila — found on the fifth and sixth levels of Shangri-La at the Fort — stay a good few feet away, as his eyes grow big, his hands start to gesticulate wildly and he begins to drool in ecstasy.

The largest indoor lifestyle and leisure club in the Philippines with over 8,000 sq. meters of dedicated floor area, Kerry ushers in a new era of sports “clubbing.” Yes, the fact that within this center one can find a Health Club, a Spa and a children-dedicated Adventure Zone may sound like old news but a visit to witness firsthand the Multiple Training Zones, the quality of equipment and the level to which the design of the spaces have anticipated your every need (or didn't even know you needed, but now do!) will leave one floored, and calling the place fitness paradise!

To see is to believe, right? Two covered tennis courts (as I try and play every morning, this will be the first one I mention), an NBA-grade, maple-wood indoor basketball court — with digital scoreboard and seating capacity of up to 200 viewers,

and provisions for converting to volleyball and badminton; a boxing/MMA zone, which features the BoxMaster; a Cardio Zone with FlexStriders and PowerMill Climbers; an Adventure Racing Zone with Jacobs Ladder, Marpo Rope Trainer and Concept2 Rower; and a Core Zone with BOSU Leg Raise, Ab Coaster, Ab Solo and Back Extension machine. Two glass-backed squash courts, a spin studio, a 25-meter outdoor lap pool and yoga and Pilates studios. See, out of breath, and you haven't even begun using the facilities. What Kerry represents is "possibilities" and I, for one, appreciated how Kerry was ready to provide this with ultimate in mind.

Andrew West, director of Kerry Health and Sports Club, flew in from Pudong, Shanghai, to oversee the birth of Kerry Sports Manila. On the day I visited the center, he was struck by how many of the early-bird members were friends, remarking, "Does everyone in Manila know each other?" But in fact, he and I both agreed that this would be one of the untold assets of Kerry, how it would be like a club or fraternity. In time, the Spa will open, as will Kerry Sprouts — a health food cafe. And trust me, any parent of a young child will want to check out the Adventure Zone, a new favorite for where to hold your children's birthday parties.

With apologies to the Lennon-McCartney songwriting team, it looks we'll Kerry that weight, a long time...and to stay! Fitness enthusiasts can only be too happy!