



AmCham Women of Influence Awards 2021

Distinguished Judge

Tricia Yap

**Limitless / Strength & Performance Coach, Functional Medicine Specialist,
Professional MMA Fighter**

Founder



Tricia Yap is a health and wellness entrepreneur whose latest concept is Limitless – a personalized training concept that combines the best aspects of fitness and functional medicine. She has founded concepts such as Bikini Fit, Warrior Academy and former Director of Fitness of the commercial gym, Goji Studios. She was HK's first professional female mixed martial artist and coached on ViuTV's ground-breaking reality TV show on MMA called G1 Fight Club.

She is recognized as one of the most accomplished health and fitness experts in Hong Kong, with qualifications in functional medicine, nutrition and strength coaching. She is known for her philosophy of encouraging a holistic and balanced mindset towards lifestyle, nutrition and training using scientifically proven methodologies. She is also an advocate for both women's empowerment through health and fitness.