



## **Dr. med. Shen Zhong**

RESEARCHER & FORMER SURGEON

*MOVE · CREATE · EVOLVE*

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Alongside my clinical and research training, I have been engaged in fitness for over seven years, with a long-term focus on how the body responds to movement and load. Through extensive wear-testing of activewear, I aim to design comfortable clothing suitable for training, yoga, and everyday wear. In parallel, I share clear, evidence-based insights on fitness and nutrition from a medical and scientific perspective.