

# 'Animal Fu' New Children's Fitness Activity to Launch

*Animal Fu is a new children's fitness activity based on Martial Arts created by Linda Hall in association with multi-BAFTA award-winning CHF Media Group.*

ST. ALBANS, HERTFORDSHIRE, UNITED KINGDOM, January 24, 2018 /EINPresswire.com/ -- [Animal Fu](#), a new children's fitness and dance concept based on Martial Arts, is set to launch at [Everyone Active](#) Westminster Lodge, St. Albans, Hertfordshire this Spring. This character-based activity for 3 to 7 year-olds has been developed by Linda Hall, a qualified Chinese Martial Arts instructor, in collaboration with [CHF Media](#) Group, the multi-BAFTA award-winning organisation synonymous with high quality children's entertainment.



Linda Hall with her Animal Fu class

Animal Fu creates the building blocks of physical fitness, balance, flexibility, stamina and good all-round co-ordination. It combines the best of Linda's Martial Arts training with animal characters, music-led activities, signature moves, stories, sounds and collectible merchandise, to create an original, engaging activity that supports child health and well-being and encourages fitness, friendship and fun.

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Animal Fu is an excellent learning and fitness activity. It's great fun for children. They really 'love to do Animal Fu'. Reach out if you are a fitness instructors wanting to join our Fu Academy!”

*Linda Hall*

Animal Fu's philosophy is all about teaching children to understand the importance of the values needed for leading a healthy and respectful life. Each of the five Animal Fu characters - Master Storky, Boris the Tiger, Mabu the Monkey, Patsy the Bear and DJ Fin the Grasshopper - has a core

value and message to share, from calmness and focus, to strength and confidence.

Commenting on the forthcoming launch, Animal Fu founder Linda Hall said: "I am passionate about teaching child fitness, health and well-being and am now seeking like-minded fitness leaders to join our Fu Academy. This is not only an excellent learning activity but great fun too. It is very rewarding to see how much young children really 'love to do Animal Fu' and I'm looking forward to introducing my Fu 'friends' to the St. Albans community. With the support of my partners at CHF Media, we are set to bring Animal Fu to even more Everyone Active leisure centres during 2018 so we anticipate an exciting St. Albans launch followed by a busy year ahead."

Recruitment of qualified fitness or dance instructors for the Everyone Active (Westminster Lodge) launch is now underway. All instructors will receive personal training by Linda Hall in February. Those interested in joining the Fu Academy are invited to contact Linda Hall.

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EDITOR'S NOTE:

About Linda Hall

Linda Hall, a qualified Chinese Martial Arts trainer, was accredited with her Masters in Zhaoqing, China. Following completion of her Martial Arts training, Linda established her first club called "Biaow Yian" (meaning performance of martial arts). Inspiration for Animal Fu came from her interaction with young children when teaching at schools and clubs, coupled with her own experience and extensive training inspired by Chinese Grand Master Leung Guo Qiang, famous throughout Southern China for his Wing Chun opera house style of Kung Fu.

Animal Fu Characters

Master Storky has a 'keep fit, can do' attitude. He believes that anyone can become what they wish to be in life by working hard, keeping fit and active and always believing in themselves. He helps youngsters stay calm and get fit using balance and breathing exercises.

Boris the Tiger likes to lunge and ROOOAAARRRRR, especially at bullies.

Mabu the Monkey focuses on diet and well-being. Born in South America, she is wise and knows that if you 'eat right you feel right'.

Patsy the Bear is from Texas and loves caring and sharing. Her special moves involve the side-steps she uses in line-dancing.

DJ Fin is a cool, streetwise grasshopper from Great Britain. He likes to jump to the beat and make others want to dance. He understands respect and takes good care of the world around him.



Fu Academy now recruiting



Animal Fu is a character-based children's fitness activity

## About CHF Media Group

CHF Media Group is synonymous with high quality children's entertainment. It creates, owns and licences family content, primarily animation. Founded in 2011, CHF draws on both the development talents of its creative team and Cosgrove Hall's 40-year legacy as one of the most respected and influential producers of animated programmes. Globally acclaimed shows such as Danger Mouse, Count Duckula and Wind in the Willows, have contributed to its impressive achievement of nine BAFTAs.

More recently, CHF Entertainment has successfully delivered Pip Ahoy! starring Sir David Jason to Channel 5 and Daisy & Ollie to Cartoonito.

Under the management of CHF Entertainment are the company's commercial divisions, which include Licensing and Merchandising and Broadcast Distribution. The CHF Media Fund investments are used to develop and produce family shows or concepts and the rewards for investee companies are derived from broadcasting, licensing and merchandising sales.

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