Let’s Get Moving!

Are you ready to revamp your exercise routine and increase your confidence? Sign up for our fitness coaching sessions, and empower yourself to start learning how to better adopt long-term, healthy behaviors.

During your initial consultation, our exercise counselor will evaluate your physical abilities and needs, and design an individualized exercise plan. As part of follow-up sessions, we next evaluate your overall progress and fine-tune your exercise plan to meet your individualized needs.

Though sessions benefit all shapes, sizes, and ages, they are especially beneficial for:

- Patients going through cancer treatment — benefits range from reduction in recurrence rate to increases in survival and quality of life.
- Individuals seeking to lose weight or improve overall health.
- Anyone wishing to restore or increase strength, lean muscle mass, cardiorespiratory, bone density, fitness, flexibility, and balance.

Fitness Coaching

Initial Session (60-min) $100
Follow-up Session (30-min) $65

For more information or to schedule an appointment, please call 1-415-925-7620 or email wellness@mymarinhealth.org.

Payment is due at the time of service. (Scholarships are available for Marin Cancer Care patients in need of financial assistance.)

Wellness Walks with an Exercise Counselor

Thursdays, 12:30 – 1:00 pm
Meet at 250 Bon Air Road in the Main Lobby of the Medical Center

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