healthy **living**

Personal Health Coach Program

Initial Consultation
Discussion with a Personal Health Coach to review your health and wellness goals as well as discuss your readiness to make lifestyle changes. The visit includes an overview of the services offered and the opportunity to ask questions.
(1 hour)
$50 – members
$95 – non-members

Body Composition Test
Your body composition is measured via Bioelectrical Impedance Analysis giving you accurate percentages of body fat and lean body mass. Results reviewed by a Certified Body Composition Practitioner from the Global Health and Body Composition Institute.
12 hours of fasting is required.
(45 min)
$75 – members
$135 – non-members

Resting Metabolic Rate Test
Measures the amount of energy – or number of calories – that your body uses to carry out processes in your body when it is at complete rest. We calculate your total energy expenditure (TEE) and provide a calorie budget based on your goals.
12 hours of fasting is required.
(1 hour)
$115 – members
$175 – non-members

Fine Tuning
Fitness and Nutrition Coaching
For people who want to explore new eating and exercise habits.
(6 hours)
- Fitness Assessment and Plan
- Fitness follow up support: Four 30-min visits
- Nutrition Assessment and Plan
- Nutrition follow up support: Four 30-min visits

$570 – members
$900 – non-members

Fine Tuning
Nutrition Coaching
For people who want to explore new eating habits, including meal planning, grocery shopping, plant-based choices and eating mindfully.
(3 hours)
- Nutrition Assessment and Plan
- Nutrition follow up support: Four 30-min visits

$285 – members
$450 – non-members

We use a Lifestyle Medicine approach versus a rigid prescription. This is not a fad diet or a fad fitness program, but more about your relationship and knowledge of food and exercise.

Fine Tuning
Fitness Coaching
For people who want to explore new exercise habits, including strength training, workout efficiency and fitness progression.
(3 hours)
- Fitness Assessment and Plan
- Fitness follow up support: Four 30-min visits

$285 – members
$450 – non-members

Personal Health Coach Program
This program is offered at Kaiser Permanente in the San Francisco Medical Center's Health Education Department. We provide one-on-one visits to help optimize your health and wellness goals through nutrition and fitness coaching.

Contact us: 415-833-7800
health.coach@kp.org

Fitness Health Coach
Aleah Mainzer, MPT, CPT
Licensed Physical Therapist
Certified Lifestyle Medicine Professional
Certified Personal Trainer
Certified Pilates Instructor
Certified Body Composition Practitioner I
kp.org/mydoctor/aleahmainzer

Nutrition Health Coach
Heather D'Eliso Gordon, RD, CSSD
Registered Dietitian
Certified Specialist in Sports Dietetics
Certified in Plant Based Nutrition
Certified Body Composition Practitioner I
kp.org/mydoctor/heathergordon

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Personal Health Coach Program

Get Fueled!

Sports Nutrition Coaching

For people who want to learn how to optimize their exercise performance and recovery. Fueling strategies for training periodization and optimizing body weight. Coaching provided by a Certified Specialist in Sports Dietetics (CSSD). (5 hours)

- Body Composition Testing 2x
- Resting Metabolic Rate Testing 1x
- Nutrition Assessment and Plan that includes energy and macronutrient recommendations
- Fueling strategies for training and competition
- Two 30-min visits follow up support

$475 – members
$750 – non-members

Menopause Package

Fitness and Nutrition Coaching

For women in the stages of menopause, making fitness and nutrition changes can help you feel stronger, empowered, and more in control as you embrace the changes in your body. Learn about your body composition and metabolism and how it relates to body weight.
(6 hours)

- Body Composition Testing 2x
- Resting Metabolic Rate Testing 1x
- Fitness Assessment and Plan
- Nutrition Assessment and Plan
- Four 30-min visits of customized follow up support of fitness and/or nutrition

$570 – members
$900 – non-members

Fitness Coaching at Sports Medicine Center

Fitness Coaching

For people who have been recently discharged from Physical Therapy or who want to return to sports or other athletic activities. Get help with developing a conditioning program to work on agility, cardio, and strengthening. Coaching provided by a Physical Therapist / Personal Trainer (CPT).
(6 hours)

- Fitness Assessment and Plan
- Five 60-min visits of follow up support

$570 – members
$900 – non-members

Follow Up Support

We offer follow up support for any of our packages. Our goal is to support you from start to finish.

$95/hour – members
$150/hour – non-members

Services described here are provided on a fee-for-service basis. Prices are subject to change. These services are not provided or covered by Kaiser Foundation Health Plan, Inc. (Health Plan), and you are financially responsible to pay for them. Clinical services are provided by providers or contractors of The Permanente Medical Group, Inc. Results of services may vary among patients and cannot be guaranteed. Health Plan and Kaiser Foundation Hospitals may receive compensation for providing facilities and/or other support in connection with these services. These services are not meant to replace any covered services under your health plan benefits. If you are a Kaiser Permanente member, please check your *Evidence of Coverage* for specific covered health plan benefit information.