

Initial Consultation

Required one-on-one 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. This fee will be applied to the total amount for any service purchased.

\$20 – members
\$35 – non-members

Body Composition Test

Body composition testing is used to describe the percentages of fat, bone, water and muscle in human bodies. The test can provide a healthy weight range goal.

(30 min)
\$55 – members
\$85 – 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.

(1 hour)
\$95 – members
\$145 – non-members

Fine Tuning

Fitness and Nutrition Coaching

For people who want to explore new eating and exercise habits. (7 hours)

- Resting metabolic rate testing
- Body composition testing (2x)
- Fitness testing
- Fitness follow up support: Four 30-min visits
- Food journal analysis
- Nutrition assessment and recommendations
- Nutrition follow up support: Two 30-min visits

\$455 – members
\$700 – non-members

Fine Tuning

Nutrition Coaching

For people who want to explore new eating habits. (4 hours)

- Resting metabolic rate testing
- Body composition testing (2x)
- Food journal analysis
- Nutrition assessment and recommendations
- Nutrition follow up support: Two 30-min visits

\$260 – members
\$400 – non-members

Fine Tuning

Fitness Coaching

For people who want to explore new exercise habits. (4 hours)

- Resting metabolic rate testing
- Body composition testing (2x)
- Fitness testing
- Fitness follow up support: Four 30-min visits

\$260 – members
\$400 – non-members

Personal Health Coach Program

This program is offered at Kaiser Permanente only in the San Francisco Medical Center’s Health Education Department. We provide one on one consultation to help optimize your health and wellness goals through nutrition and fitness coaching. 415-833-7800 health.coach@kp.org

Fitness Health Coach

Aleah Mainzer, MPT, CPT
Licensed Physical Therapist
Certified Personal Trainer
Certified Pilates Instructor
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
kp.org/mydoctor/heathergordon

Get Started!

Fitness and Nutrition Coaching

Package provides a beginner fitness and nutrition plan for someone who wants to get started on healthy lifestyle changes. (6 hours)

- Resting metabolic rate testing
- Fitness testing
- Food journal analysis
- Nutrition assessment and recommendations
- Two 30-min visits of customized fitness and / or nutrition follow up support

\$390 – members
\$600 – non-members

Fueling for an Event

Sports Nutrition Coaching

For people who are training for an event and want help optimizing their performance. Coaching provided by a certified specialist in sports dietetics (CSSD). (4 hours)

- Resting metabolic rate testing
- Food journal analysis
- Nutrition recommendations
- Two 30-min visits of follow up support

\$260 – members
\$400 – non-members

Nutrition Periodization

Sports Nutrition Coaching

For athletes who want to learn how to optimize their competitive season. Nutrition assessment, fueling strategies for training, competition, and optimizing body weight.

Coaching provided by a certified specialist in sports dietetics (CSSD). (6 hours)

- Resting metabolic rate testing (2x)
- Body composition testing (3x)
- Food journal analysis
- Nutrition recommendations
- Four 30 min visits of follow up support

\$390 – members
\$600 – non-members

Self-Care Package

Fitness and Nutrition Coaching

For people who want to focus on nourishing their body, learning a healthy body image and adopting joy of movement. (5 hours)

- Nutrition coaching
- Fitness coaching
- Six 30-min visits of customized follow up support of fitness and / or nutrition (3 hours)

\$325 – members
\$500 – non-members

Plant Strong

Nutrition Coaching

For people who want to move towards a plant-forward diet and learn how to nourish their body with whole foods. We will provide nutrition coaching and make meal planning adjustments as necessary.

(3 hours)

- Nutrition assessment
- Four 30 min visits of follow up support

\$195 – members
\$300 – non-members

Additional Resources:

Websites:

kp.org/sanfrancisco/healthed
kp.org/fitness
kp.org/healthcoach

Books:

Be Your Own Personal Trainer
James Garrick, MD

The New Rules of Lifting: Supercharged
Lou Schuler & Alwyn Cosgrove

The Power of Habit: Why We Do What We Do in Life & Business
Charles Duhigg

The Willpower Instinct: How Self-Control Works, Why It Matters, and What You Can Do to Get More of It
Kelly McGonigal, Ph.D.

Strength Training Anatomy
Frederic Delavier

Strong Body

Fitness Coaching

For people with varied diagnoses such as osteoporosis, sports injuries, Parkinson’s disease, multiple sclerosis, or those transitioning from physical therapy and need assistance with home exercise programs.

(6 hours)

- Fitness testing
- Fitness progression (5x)

\$390 – members

\$600 – non-members

Pilates Introduction

Fitness Coaching

For people who want to focus on core strength and possibly transition to a Pilates group class setting. Coaching provided by a certified Pilates physical therapist. Excellent for post-partum diastasis recti injury (abdominal muscle weakness).

(6 hours)

- Fitness testing
- Fitness progression (5x)

\$390 – members

\$600 – non-members

Optimize Health

Fitness and Nutrition Coaching

For people with chronic conditions such as heart disease, diabetes and for cancer survivors that are using food and exercise as complementary medicine.

(8 hours)

- Fitness testing
- Nutrition assessment and recommendations
- Twelve 30-min visits of customized follow up support of fitness and / or nutrition (6 hours)

\$520 – members

\$800 – non-members

Follow Up Support

We offer follow up support for any of our services in addition to what is already included in the description. Our goal is to support you from start to finish, so we recommend that you consider how much support you are likely to need at this time.

- **1 hour - \$75 / \$115**
- **3 hours - \$225 / \$345**
- **6 hours - \$420 / \$645**
- **12 hours - \$780 / \$1200**

Nutrition Re-Set

Nutrition Coaching

For people who want to learn how to optimize their nutrition for a healthy energy level and overall well-being. We will provide nutrition coaching and make adjustments as necessary. (2 hours)

- Nutrition assessment
- Two 30-min visits of follow support

\$130 – members

\$200 – non-members

Additional Resources:

Websites:

foodforhealth.kaiserpermanente.org
kp.org/nutrition
kp.org/recipes

Books:

How Not to Die
 Michael Greger, MD

The Forks Over Knives Plan: A 4-Week Meal-by-Meal Makeover
 Alona Pulde, MD & Matthew Lederman, MD

The Complete Idiot’s Guide to Plant-Based Nutrition
 Julieanna Hever, MS, RD, CPT

Intuitive Eating: A Revolutionary Program That Works
 Evelyn Tribole, MS, RD & Elyse Resch, MS, RD, FADA

How to Eat
 Thich Nhat Hanh

Services described here are provided on a fee-for-service basis. 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.