

EXERCISE COUNSELING SERVICES



TAKE CHARGE OF YOUR HEALTH AND LET US HELP YOU ON YOUR JOURNEY

EXERCISE COUNSELING SERVICES OFFERED BY OUR CERTIFIED EXERCISE PHYSIOLOGISTS:

- Initial phone consultation: free
- Follow up phone or video consultation: \$10 per 30 mins
- Weekly email/text accountability package: \$10 per month
- In-person exercise consult and session: \$50 per 60 mins
- In-person exercise package: \$250 for 6 sessions (buy 5 get 1 free)
- In-person exercise package: \$500 for 12 sessions (buy 10 get 2 free)
- In-person exercise consult and session with a buddy: \$40 per person/hr
- Exercise counseling classes by Zoom: \$60 for 6 classes (60 mins each)

Please contact us at 205-975-0002 or email moveforward@uab.edu (please put WLM in subject line)