**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**
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

**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

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**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

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**Contact Information**
Health Education Department/San Francisco
Kaiser Permanente
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

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

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

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

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

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

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

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

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.

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
Evely Tribole, MS, RD & Elyse Resch, MS, RD, FADA

How to Eat
Thich Nhat Hanh