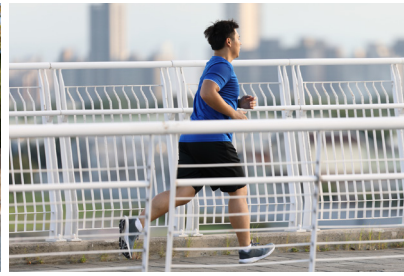


# EXERCISE COUNSELING SERVICES



## 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/hr
- In-person exercise consult and session with a buddy: \$40/hr per person
- Exercise counseling classes by Zoom: \$60 for 6 classes (1 hr each)
  - Zoom classes are the 2<sup>nd</sup> and 4<sup>th</sup> Fridays at noon

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