

MRF Institute Virtual Medical Fitness Services

“Creating an Informed Consumer”

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Comprehensive Coaching Package (Tier 1)

Description of Service	Fee	Session Length
Initial Consultation	\$50	45 minutes
Pre-Paid 5-pack	\$350	60 minutes
Single Check-In Session	\$1.50 per minute	30 to 45 minutes
Additional 4-week Programming	\$220 (Includes two 30-minute virtual sessions)	N / A

Hybrid Coaching Package (Tier 2)

Description of Service	Fee	Session Length
Initial Consultation	\$50	45 minutes
Pre-Paid 5-pack	\$245	- Two 60-minute sessions - Three 30-minute sessions
Single Check-In Session	\$1.50 per minute	30 to 45 minutes
Additional 4-week Programming	\$185 (Includes one 30-minute virtual session)	N / A

Essential Coaching Package (Tier 3)

Description of Service	Fee	Session Length
Initial Consultation	\$50	45 minutes
Pre-Paid 5-pack	\$175	30 minutes
Single Check-In Session	\$1.50 per minute	30 to 45 minutes
Additional 4-week Programming	\$150	N / A

Description of Services:

- **Initial Consultation:** During the initial consultation, a highly qualified coach—holding a degree in exercise physiology or kinesiology—from our MRF Institute team will conduct a thorough review of your health and medical history questionnaire (emailed beforehand). We'll discuss your goals, specific needs, and training environment (e.g., home or gym access), ensuring every aspect is considered. Our coaches' credentials and competencies meet and exceed hospital standards, providing you with expert guidance.

You'll receive an overview of resistance training and medical/rehabilitation guidelines tailored specifically to your situation, offering a clinically sound starting point for your personalized exercise program.

- **Pre-Paid 5-Pack Options:**

1. **Comprehensive Coaching Package:** All five sessions are 60 minutes in length. This option provides the most in-depth support, allowing ample time for personalized guidance, detailed Q&A, and building a strong coach-client relationship. The extended sessions foster greater adherence and a deeper understanding of your exercise program.
2. **Hybrid Coaching Package:** This package includes two 60-minute sessions and three 30-minute sessions. The longer initial sessions allow for comprehensive education and Q&A, while the shorter sessions provide efficient, focused follow-up. This option strikes a balance between personalized support and affordability, making it the second-best choice for those looking to maximize value.
3. **Essential Coaching Package:** All five sessions are 30 minutes in length. Participants choosing this option are required to watch two educational videos prior to the sessions. These videos cover foundational topics that would typically be addressed in more personalized discussions during longer sessions. To ensure understanding, participants must answer several questions based on the videos prior to the initial session. While this package is the most cost-effective, it offers less personalized interaction, which may not be ideal for everyone.

- **Check-In Sessions:** After completing your initial five sessions, you have the flexibility to either continue with additional 5-packs or schedule single sessions as needed (e.g., monthly or at the start of each new 4-week phase). These check-ins are an essential part of maintaining progress, offering opportunities to address questions, adjust your program, and ensure continued development over time.

- Sessions will be scheduled once per week (unless otherwise agreed upon) and will be discussed following the initial consultation.

- **Additional 4-week Programming:** We offer tailored month-long programs to support your continued progress beyond the initial 5-pack, with varying levels of interaction

depending on your chosen package:

1. **Comprehensive Coaching Package:** This includes two 30-minute virtual sessions alongside your monthly programming. These sessions provide in-depth feedback, personalized adjustments, and continuous support, ensuring optimal progress and accountability—making it the most beneficial option.
2. **Hybrid Coaching Package:** This includes one 30-minute virtual session with your monthly programming. It strikes a balance between personalized guidance and affordability, offering essential feedback and support while maintaining cost efficiency.
3. **Essential Coaching Package:** This option includes no virtual sessions, making it the most affordable choice. While the programming is still customized, the lack of direct interaction means less personalized feedback and support, which may not be ideal for those seeking more hands-on guidance.

Each package ensures consistent progression, but the level of personalized interaction varies to meet your individual needs and budget.

- **Traditional Online Sessions:** If you are interested in a more traditional approach **following the initial 5-pack** and would like to schedule weekly training sessions with your coach, we do offer this option as well.
- **Collaboration with your healthcare team:** A key advantage of our virtual medical fitness services is the seamless integration with your healthcare team. Bridging the communication gap between fitness professionals and healthcare providers is often overlooked in the industry, but it is central to our approach. With your consent, we establish an open line of communication with your medical referral source and other healthcare team members, fostering a continuous feedback loop. This collaboration ensures your exercise program is designed and progressed safely, aligning with your medical needs and enhancing overall outcomes.

If you have any questions, please email Jeff at MRFinstituteOrg@gmail.com.

We look forward to working with you!