

MRF Institute Virtual Medical Fitness Services

“Creating an Educated Consumer”

Description of Services:

- **Initial Consultation:** During the initial consultation, the health and medical history questionnaire (emailed beforehand) is reviewed, along with goals, needs, training environment/access to equipment (e.g., home, gym), and other pertinent information. We'll then provide an overview of resistance training and medical/ rehabilitation guidelines and begin to tailor them to your situation. This will provide a general start point for your exercise program.
- **Pre-Paid 5-pack:** These five sessions will provide **educational information** to help design your progressive resistance training program; set up and individualize your program based on your goals, needs, and training environment; answer your questions; watch to ensure you can perform each exercise correctly with good form (if needed). We can also provide you with video content (at no extra cost) related to most aspects of resistance, cardiovascular, and flexibility training.
 - **These virtual sessions are educational in nature, as opposed to traditional training sessions.** Proper exercise form videos can be provided and some instruction on proper form can be provided in real-time. However, the primary purpose of this 5-pack is to instruct on how to create clinically safe exercise programs tailored specifically to your goals and needs.
 - To reduce session costs, feel free to include a friend, family member, co-worker (etc...) to share the session fees with you. For logistical reasons, these “partner sessions” can only include one other person besides yourself, and only apply to the consultation and initial 5 sessions.
- **Check-In Sessions:** Following your five sessions, *you can either continue to purchase 5-packs*, or, single sessions can be purchased at your convenience (e.g., once per month, at the start of each 4-week phase) to

“check in,” ask questions, and update the program. This is **highly recommended**, as programs need to be progressed 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 will also write out programs for you in month-long phases as an additional programming option, for those who prefer to continue a closer relationship with their coach **following the initial 5-pack**. This option also includes one virtual session (scheduled at your convenience) to offer continued coaching, support, and accountability.
- **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 where a degreed (exercise physiologist, kinesiologist) coach guides you through the entire training session, we do offer this option as well.
- **Collaboration with your healthcare team:** Ongoing collaboration with your healthcare team is an additional benefit in purchasing these virtual medical fitness services. Communication between fitness professionals and their client’s healthcare team is a missing link in the industry, and sets our services apart from everyone else. With your approval, we’ll work collaboratively with your medical referral source and/or other members of your team, provide regular feedback to them, and work together to ensure the safe design and progression of your program.

Our entire medical fitness training staff degrees in exercise physiology, kinesiology, or related fields, the highest certifications, and have experience training people across the spectrum of disease and musculoskeletal conditions. You’re in the best hands!

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

We look forward to working with you!