

Personalized Consultations

A comprehensive personalized consult up to 1 hour will be provided to you to help you achieve your fitness goals!

Consultations: \$50 per session

Sample consults can include but are not limited to:

- Helping you start a new exercise program with expert assistance
- Helping you adjust your current exercise routine to meet your new health goals
- Helping you learn more ways of managing body weight with exercise and nutrition together
- Helping parents guide children through overtraining syndrome
- Discussing ways to modify lifestyle programs for younger and older persons



[1]

Do you want a consult for something not listed?

Personalized Consultations

Published on UF Sports Performance Center (<http://www.ufsportsperformance.com>)

Contact the UF SPC to ask about possibilities. We can build one for you!

Want to schedule a consultation?

Please call us at (352) 273-7371 or email us ufspc@ortho.ufl.edu [2].

Our hours generally are:

- Monday - Friday
- 8am - 5pm

Please inquire about special time requests.

Source URL: <http://www.ufsportsperformance.com/consultations>

Links

[1] <http://www.ufsportsperformance.com/sites/ufsportsperformance.com/files/imagepicker/1/shoe%20consult.jpg>

[2] <mailto:ufspc@ortho.ufl.edu>