

movingforlife

CUSTOM WELLNESS SUPPORT & CARE

STRENGTH TRAINING

WEIGHT LOSS

MOBILITY



Movingforlife

supports the health goals of each client, by tailoring each plan to *their* specific needs.

We specialize in weight loss and give each client individual support. Our custom plans focus on exercise, strength training, and emotional well-being.

Howitworks



Initial Consultation

We go over your goals, health information, take measurements, and do a fitness assessment



Create a Plan

We create a custom plan to help you reach your goals. This includes fitness, accountability, and emotional aspects to knock down any barriers you may have.



Regular Check-Ins

At your regular check-in we measure your progress and make modifications if necessary to your plan.



90 Day Plan Update

A more formal process, we go over long-term fitness goals, persistent challenges and sustainable accountability strategies.



Ongoing Support

While part of the program, we are available for endless support and guidance with reminders, tips and supportive community.

Workingforyou

Weight loss and wellness are personal and can require specialized support and guidance.

We're a professional team focused on your success, whether it's increasing physical activity, increasing mobility, strength training, or weight loss.

Moving for Life gives you the tools and support you need to be successful for a lifetime.

WHAT AN AMAZING TEAM KELLY AND MARCY ARE!

Kelly is extremely knowledgeable about exercise and the body. She is able to put together exercise plans that clients can complete so they feel success and can progress. Marcy is wonderful to work with. She is so positive and encouraging. Since she's "been there, done that" she is familiar with the struggles of her clients and can help them overcome obstacles so they can be successful. I highly recommend them!!!

- ANN -

Contact us

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