



The Vitality Reset

Meaningful progress is made with a single step and the right guidance



Who is this for?

Are you or someone you love....

- Noticing changes in balance, mobility, daily activities
- Avoiding certain activities because of fear of falls, injury or inability
- Wanting to be more active and looking for personalized guidance
- Have a complex health history that would benefit from PT expertise

What you can count on!



Safe, structured entry into wellness for older adults



Meaningful, measurable outcomes in just 5 weeks



Bridge rehab & long-term fitness goals



Improved body mechanics that reduce strain and prevent future problems.



Better movement begins here

✨ Book your consultation

✨ 415-942-4988

What You Get!

Initial Wellness Assessment

An exam based on 7 health domains conducted by a Physical Therapist

10 Wellness Training Sessions

Tailored programs designed to meet your unique needs and goals.

Wellness Re-Assessment

Measure progress & refine your personalized future fitness plan