



Consultation Services Overview

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Christina Siegel, MD, BaO, CPT*

	Description	Length	Cost
Initial Interview	Client interview, consisting of review and discussion of medical history, and in-depth lifestyle choices including diet and exercise.	1 hours	\$100 (20% discount)
Set of 6 weekly sessions	Discuss health goals; implement a holistic health plan to meet these objectives. Provide the techniques and knowledge necessary to enable your lifestyle changes. Discuss methods to overcome hurdles and difficulties on the path to success. Integrate: lifestyle constraints, demands of school, work, and social obligations/situations. Diet advice based on personalized requirements, medical guidelines and current research. Exercise advice based on best techniques suited for each individual.	1 hour / session	\$600 (20% discount)
Individual Session	As needed for ongoing care or review sessions.	1 hour	\$120

** Dr. Siegel holds her Medical Degree and Bachelors of Obstetrics from the Royal College of Surgeons, she is a certified personal trainer by AFAA and the National Academy of Sports Medicine, and is a certified Spinning Instructor.*

