

HEALTH TIPS



Living Fit

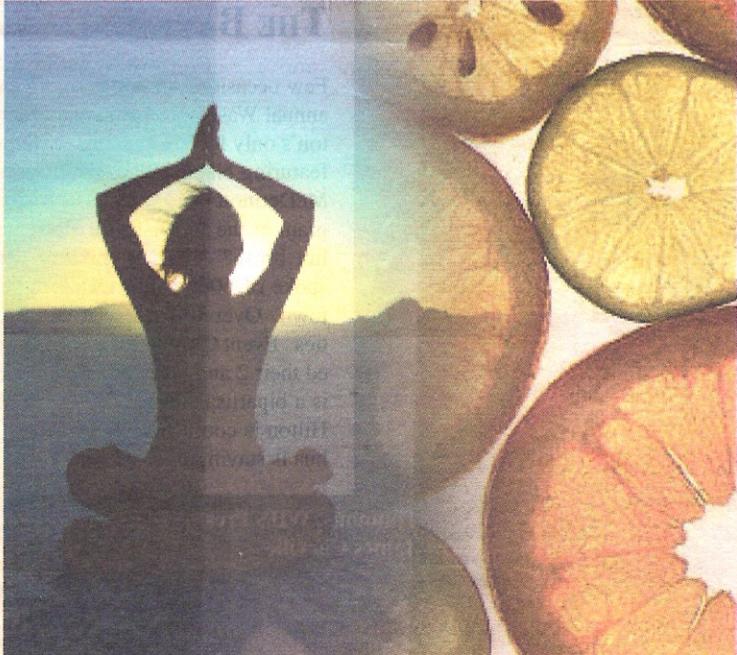
By Mary Bird

There are so many lifestyle guides available that confusion can reign. With that in mind, it is important to find a trusted resource. Marilyn Mitchell has shown the adaptability of a chameleon over the many years she has trained a Who's Who of Washingtonians.

Her eclectic professional background includes a degree in exercise physiology, nutrition and classical dance plus certifications in the Alexander Technique, Reiki, Pilates, yoga, breath/energy work and the list goes on. Teaching exercise at the Kennedy Center led to opening Moving Right Along on Wisconsin Avenue as well as four years at the Jackson School on R Street, with studio space for small classes. She ultimately chose to teach private sessions, traveling to the client's residence for privacy, convenience and continued progress. To date, most of her client's live in or close to Georgetown.

Marilyn's current focus is to instill healthy lifestyle habits for busy professionals who could easily stray without personal direction. All coaching is individual and starts with a series of questions about existing habits, general health review, time available, etc. Most clients have experienced an illness or a major life change prior to seeking her advice.

Marilyn has developed a series of tools--ball, breath and book--to help clients release the tension that erodes the physical structure. She takes pride in guiding each client through their



"journey" toward a healthy lifestyle and preventive health care, fully aware that making health/fitness a priority requires commitment.

A client can take 6-8 weekly sessions to learn a basic health, stress management procedure. Most continue to take regular sessions to keep them "on track" as they strive to reach their own life balance.

You can find out more about Marilyn's coaching focus by visiting: www.atthecorecoach.com, or you can contact her at 202 549-0743.