



Welcome!

Thank you for choosing Move More Often LLC! I am so glad that you have selected me to join you on your fitness and wellness journey.

My platform is a hybrid community that will mostly consist of virtual sessions. At home sessions can be provided if living in the 12054-zip code. Each session is individualized and based on your current level of fitness and goals. As your coach, you can expect that I will make your privacy a priority and withhold trainer-client confidentiality.

Please complete the attached forms so that I can learn more about you. They will also assist me in designing a program based on your specific needs and provide you with more details regarding expectations.

My website, below, contains all of the services with corresponding fees and descriptions. Kindly select the area of fitness and wellness that you are interested in and book your session. I hope to be able to motivate you, inspire you, and get you to move more often. I look forward to working with you!

Sincerely,

Careen Joscelyn

Careen Joscelyn, CPT
Chief Executive Officer
Move More Often LLC
418 Broadway, Ste 4314
Albany, NY 12207
518-644-0636