



Health • Mobility • Movement • Positivity • Strength



Marcel Doré MD

Assistant Clinical Professor
Department of Family Medicine
McMaster University

DDPY Fitness Instructor
Functional Aging Group Exercise Specialist

35+ years of trusted clinical experience
Physician • hospitalist

Experienced fitness instructor
balance • injury prevention
functional fitness • endurance
mobility • strength

Questions?

Contact me for more information

For anyone motivated to exercise but finding it difficult to begin due to health or physical limitations, prior illness or living with chronic conditions such as arthritis, low back pain, cancer, obesity, and more

Medical Consultation

Online or in-person consultation includes an assessment of medical conditions and results in exercise recommendations and instruction.

In-person consultation is covered by OHIP (Ontario) if a "Request for Consultation" is received from your family physician or primary care nurse practitioner (NP).

Exercise Instruction

Medical experience with expertise in exercise and health coaching to help individuals become more active and enjoy a better quality of life.

1. One-on-one online or in-person sessions demonstrate the best ways for you to exercise while taking into consideration your health status.
2. Group Fitness Classes focus on building mobility, strength, balance and endurance in safe and effective ways.

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