



Your Commitment Guide
A listing of fitness and nutrition experts

These experts in the fields of nutrition and exercise have been specifically chosen and are aware of the special needs of bariatric patients, like yourself. They have been provided with the specific protocols set forth by Doctor Marvin and are ready to be your guide to a healthier lifestyle.

As your fitness advocate, I can make introductions for you or help you find a qualified specialist in your area. Do not hesitate *to ask any of the staff* for assistance on any topic. (sheila@doctormarvin.com)

Greenway Plaza
Maggie McQuiggan, MS, RD, LD
Registered Dietician & Certified
Personal Fitness Trainer
3000 Richmond Ave. Ste 100
Houston, TX 77098
713-805-4561
Margaretmcquiggan.com

West University
Avenu Fitness – Fits Your Life
In30, Pilates, Recovery, Cooking Classes
6211 Edloe Street
Houston, TX 77005
713-661-5800
info@avenufit.com

Crosby
Crosby Body & Health
Shelia Hall, Certified Trainer,
Cooper Institute
1119 Runneburg Dr.
Crosby, TX 77532
281-462-4796
Crosbybodyhealth.com

Rice/River Oaks
Andrea Jayne Fitness
NASM Certified Personal Trainer
ACE Certified Health Coach
Offers diet guides and Stylist Blog
Location set by Client
317-607-4808
Andreajaynefitness.com

Greater Heights
Shana Ross Fitness
Specializing in First Time Fitness
Training and Nutrition Education
629 W. 22nd Street Unit 1
Houston, TX 77008
Shanarossfitness.com

Tomball
Michael Ford, NASM
Certified Trainer
ISSA Certified Sports Nutrition
Gastric Bypass Patient
11703 Spring Cypress Rd.
Tomball, TX 77377
(832) 860-8699
mike@rawgymtx.com

Spring
eatrightfitness
Roger Adams, PhD (Nutrition TWU)
ACE Certified Trainer
ISSN Sports Nutritionist
Offers Distance Consults
7312 Louetta Road
Spring, TX 77379
832-713-8733
eatrightfitness.com

Sugarland
Denise Hulett, MS, MHNE, CPT, CFNS
Located in the Restorative Center
14015 SW Frwy Ste. 6
Sugar Land, TX 77478
281-666-5435
Restorativefitnessandnutrition.com