

Dawn Delahunty

I work with adults 60+ who want to stay capable, confident, and engaged in the life they want to live — whether that means traveling, staying active outdoors, or keeping up with family. My work focuses on personalized, in-home mobility and strength coaching designed to support real-life movement, balance, and independence.



I'm an ACE-certified Medical Exercise Specialist with a background in health coaching and functional movement. My approach is thoughtful and practical, connecting specific movements to the activities clients care about most in their daily lives. Every client relationship begins with understanding what matters to them and building strength and confidence that carry into real life.

I work with a limited number of clients to ensure attentive, consistent support, and all training takes place in the client's home or in the setting where life actually happens. My goal is not just safety, but helping clients continue doing the things that give their lives meaning.

I live in Danville, California with my husband of 39 years, and outside of work I enjoy hiking, backpacking, kayaking, and volunteering in the community — the same kinds of activities I help my clients continue doing safely and confidently.

Credentials: ACE Medical Exercise Specialist, ACE Health Coach, & ACE Personal Trainer