



Cosmetic Training
By
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As a personal trainer and exercise physiologist I often speak to groups of business leaders and a common question is, “Can I reduce a specific area of my body”? We wish there was a way but unfortunately you cannot spot reduce a specific area of your body.

But there is hope! Our expertise in the fields of exercise physiology and personal training for over 21 years helped us identify a group of proven exercises that spot strengthen specific areas of the body. This means you can finally change those troublesome areas that tend to be gender specific. Women can lift their chest, rear, tighten arms and inner thigh. Men can increase the width and mass of their chest, tighten arms and widen their back. Even if you are over 50!

How is this done? Our program, Cosmetic Training was developed to meet a demand from our aging clients on a quest to combat gravity. Cosmetic Training uses specific exercises that develop those stubborn areas that only seem to get saggier as we age.

Approximate 85% of us exercise very little if at all, only 15% hold memberships at health clubs and roughly 6-7% actually use the clubs! Since these figures rarely change we decided we needed to help those that want to exercise on their own time, in their own way and, in an environment they can control – their home. 21 years ago we founded Satin Wellness (www.satinwellness.com) to help that underserved market. Our clients range in age from 40 – 80 and do not want to be body-builders, they just want their bodies to match how they feel on the inside while increasing their overall health and well-being.. The questions we are asked most often are:

1. My body has changed and looks differently so can I tighten up those areas again?
2. Can I tighten areas to get rid of some wrinkles and loose skin around my arms, chest and legs?
3. I'm over 40, is it too late to firm up my challenging areas?

The answer to these questions is yes. It can be done and it does work. Listen to some of the many clients that have seen changes from Cosmetic Training:

“I cannot believe as a 60 year old woman I got my chest back to where it used to be! Thank you Cosmetic Training.” **Helen S., Newton & Cape Cod**

“My arms look better now than they did when I was 22 and I am 63! I had to admit, I was skeptical...” **James C., Boston & Naples, FL**

“I love being able to wear a sun dress and not worry about the skin under my arm waving anymore! That Cosmetic Training is unbelievable.” **Sally M., Natick**

“I was not happy with the way my chest and butt sagged. It has taken a lot of work but you really can see a difference...” **Deborah D., Carlisle**

Simply put, Cosmetic training is a group of exercises that develop the muscles that we all want to tighten as we age. Let's name them and it should not take too long:

- Women
 - Neck
 - Front of arm pit - chest
 - Back of arm pit - back
 - Lift chest
 - Back of arms
 - Abdominals
 - Rear
 - Inner thigh
 - Outer hip

- Men
 - Neck
 - Wide chest
 - Wide back
 - Arms
 - Abdominals

The common complaints for most people deal with areas around joints because as we age skin, muscle and fat are pulled down by gravity. We have to realize the changes that occur with aging and how to counteract them.

It does not matter what age, you can still replace muscle mass! The increase in muscle mass fills in the loose skin thus tightening of those specific areas.

If you want to see the specific exercises email us at: info@satinwellness.com and add "Cosmetic Training" in the subject area.



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