

**Dr. Marcia F, 50, General Practitioner, Boston & Bourne - 8 year client**

I just wanted to send you a note to let you know how thoroughly happy and satisfied I am with the program you have developed for me by the Satin Wellness Team.

My shoulder bursitis has resolved. I have noted more strength when I hit a tennis ball...My stamina with bicycling, and my ease with going up hills has improved. And my family and I recently visited a tree adventure park where we were needed strength, stamina, balance, and thought to navigate the complex and challenging courses - I was amazed at my improved balance walking along rope lines and at my ability to climb up and down without feeling tired or achy. - I did more courses than I thought I would be able to do!

As an Internal Medicine physician, I know the importance of routine exercise and discuss it routinely with patients. This regimen, coupled with additional cardiovascular training, has been quite helpful and easily fits into my hectic, busy schedule. I review and do my regimen at my own pace at the time of my choosing.

When my specialist said it would take 20 minutes 3-4 times per week, he was right! The exercises targeting specific muscle groups done appropriately and correctly (and I always can review my print copies or discuss with the Team if I am uncertain) has been quite enlightening and for me, noticeably helpful! This is a regimen that I know I can stick with!

As I tell patients, I walk the walk and talk the talk - I would never make a referral to a program, a physician, a hospital that I would not choose for myself. This program via Satin Wellness is a solid program that I proudly recommend.

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