

**John - 63, CEO, Waltham & Cape Cod, MA - 50 pound weight loss - 3 year client**

Fifteen months ago when I started with Satin Wellness, I weighed 370 pounds.

Since then, with my wellness specialist's help, I have lost over 50 pounds.

What I have come to realize is that what the numbers say on the scale is less important than how I feel.

Along with my ability to do more things physically, my mental and emotional outlook have improved dramatically. As a business person, my tendency is to focus on the numbers, so I get frustrated if the scale isn't moving fast enough or if I plateau for a while.

What I am learning is that the true measure of success is waking up each morning able to do things I struggled with before and to approach each day with a feeling of joy. Well being is a tough thing to chart, but I feel like I have crossed a wide chasm emotionally and I thank you for all you have done to help me get there.



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