

Michael C, 62, Wellesley, MA- 15 year client

I contacted my Satin Wellness Specialist in my 30's after seeing a business flyer in a health food store near my home. I had recently returned from a summer vacation on Newfound Lake in NH where I had a very eye opening realization about my physical condition.

I had always been active in my younger years and apparently hadn't noticed that I had let my work and social life over power my physical activity life. While on vacation I decided to go water skiing. Granted I had not done it for a few years but I had no reason to think I would have any problems doing it as I grew up on the water and in the mountains, water skiing and snow skiing since I was very young.

I struggled to pull myself up out of the water behind the boat - once up my arms began to shake and my legs felt unstable. I thought to myself give it a minute and I'll be just fine. Within minutes I realized that I did not have the strength in my body to hold out much longer - my body began to feel weaker and weaker and I knew I was going to have to let go. After getting back in the boat I confessed to my friends that I was not strong enough to do what I used to do. To say I was shocked would be an understatement!

I decided that very minute if I did not find a way to get regular physical activity back into my life I would not have the health and strength I knew I needed to live a long and healthy life. When I came home I tried working out on old nautilus equipment I had purchased years ago that had quickly become a clothes hanger after the purchase. I tried a few visits to the gym but felt uncomfortable about my body compared to the people that were fit and experienced using all the equipment in the gym.

When I found the Satin Wellness it leaped out at me as a service I could make work in my busy schedule. Having someone help me focus on my specific needs, help keep me motivated and on a schedule that would include physical fitness in my daily life.

I looked at my budget and my calendar and decided to commit some time and some of my savings to a personal training service and gave him a call. From day one with him I knew this was one of the best decisions I had made in a long time. Now as I approach the young age of 63 and look back I can say it was probably the best decision I ever made. That one call changed my life.



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