

R. M., 63, Attorney, Waban MA - 6 year client

About a year ago and at 61, I went on a trip to a tropical island. The beach was full of fit and trim people. I then realized that I needed to make a change in my diet and exercise regiment. I had gotten old and fat. As a former high school and college athlete, I never thought it would happen to me. For the past 28 years, I have been sitting behind my desk and working long hours. For many years when I was younger, I hit the gym constantly. Then with the demands of family life and raising two sons who enjoyed sports, I had less and less time to workout on my own. At the same time, my job became more demanding and father time started to catch up me. I sacrificed my diet and all but gave up exercising. I then started having severe muscular back problems (3 weeks on my back), my weight ballooned to an all time high, and my flexibility disappeared which is not good for someone who enjoys playing golf. I needed to change my eating and exercise habits that were just no longer working. I wanted a trainer who could motivate me and did not offer a "one size fits all program." A mutual acquaintance introduced me to Satin Wellness.

My Satin Wellness Specialists are not your typical trainers. He understands the obstacles to good health that people like me face daily. My specialist works with me to customize a workout and dietary program that I can stick with over time. Is it hard to stick to the workout and diet programs? The answer is yes. In the past year, however, I have radically changed my diet. I now actually enjoy and look forward to eating more fruits, vegetables, and fish. I check in daily with my specialist about what I eat and drink, and I am honest about my limitations and the constant challenges I face with never ending business lunches, dinners, and receptions. I am a work in progress but I am happy so far. I have lost some weight and have been keeping it off. I have much more to lose but I know it will take time.

As for my back and flexibility issues, I feel 10 to 15 years younger. I no longer have any back pain or spasms. I am driving the golf ball an extra 40 to 50 yards and can pick up items off the floor without worrying about pulling a back muscle. I can work out with my boys who are now high school and college athletes. I am content with being in good shape for my age.

Satin Wellness methods work. They are trustworthy, honest, and care



Boston Area

8 Fanueil Hall Marketplace
Boston, MA 02109

Metro West

P.O. Box 712
Carlisle, MA 01741

Cape Cod

P.O. Box 1140
Mashpee, MA 02649

Office - 978-369-3492
Toll Free - 877-728-4634

Email: info@SatinWellness.com
All information © 2011, Satin Wellness, Inc.