

Ted, 73, Banker
Barbara, 68, New York and Plymouth, MA

“We avoided exercise for years despite our doctor’s urgings. We had no interest — we had no time. And then the injuries and surgeries began which took enormous rehab efforts and brought great inconvenience to our lives...Rotator cuff, quad tendon severed lower back sprain, etc”.

Miraculously we found Satin Wellness.

Gingerly we began “Strength to Live” program that our wellness specialists planned for us.

Now we are far more agile and much stronger and eagerly look forward to our bi-weekly workouts. We even do the daily stretches and strengthening exercises that was designed for us. The program really helped with the pictures of us you took doing the exercises helped us remember how to do them. What a great idea!

The workouts are fun because the specialists’ sense of humor is phenomenal but we have made great progress because of all of your vast knowledge and ability to tailor the day’s exercise to the immediate need.

As for motivation, Satin Wellness is first rate and you have led us to a better life in every way — and to think we were so sure we had no interest and no time for something which has become very important to us!”



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