

Lafayette Rink Grand Opening



Kids against adults in broomball at the Rink Grand Opening last Saturday

Dodge Ball, Hockey and Little Lax Leagues start this week. Basket Ball, Electric RC Racing, Family Skate Night and other special events open to the public.

Call (925) 284-2232 or go to www.lafayetterec.org for schedule

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The Living Lean Weight Loss Program

“Within an eight-week period, I lost 22 lbs and eliminated my type- 2 diabetes,” says Bill Rudolph.



Bill Rudolph

I am a 52 year old guy that came to Sheena weighing 208 lbs, which is too much for my 5 ft 10 in. height. I had a big gut with a 37 inch waist. I had recently been to the doctor and had been diagnosed with type 2 diabetes based on a triglyceride level of 379 mg/dl and a glucose level of 115 mg/dl. Given this information my wife and I decided to try the Living Lean program.

We began spinning classes two to three times a week, personal training twice a week and riding our road bikes or skiing on the weekends. We changed our entire eating habits in accordance with Sheena's guidance.

Within an 8 week period, I lost 22 lbs and reduced my waist size to 33 inches. My recent blood tests indicate that I have eliminated the type 2 diabetes issues with a triglyceride level of 150 mg/dl and a glucose level of less than 100 mg/dl. I feel better than I can ever remember. I feel strong, energized, and have an overall positive attitude. My wife has had similar positive results, and it has been very reinforcing to do the program together.

Thank you Sheena!

Call Sheena at **(925) 360-7051** For More Information
Space is limited so call today!