



# *Calabasas Athletic Center*

## *Weight & Shape M.A.P.™ Success!*



### Highlights of Shane's Success

- Lost 8 pounds
- Reduced body fat by 12%
- Increased skeletal muscle mass by 2 pounds
- Reduced back and sciatica pain substantially through yoga and Pilates

#### ***This year,***

- Had enough strength in knees to ski the cornice at Mammoth
- Hiked 28 miles over 3 mountain peaks within 24 hours in Oregon over the summer
- Hitting driver consistently 30 yards further