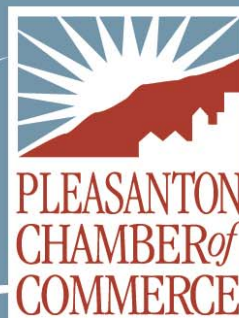


Business Connection

Strengthening the local economy and serving members for more than 60 years



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Business Spotlight

Strong Body, Strong Mind, Strong Spirit

Lifelight Fitness is helping every person feel good, look good and live good through healthy lifestyle changes starting with exercise and nutrition.

"Our mission is to make fitness feel good so we provide many different ways to work out beyond the traditional basics," said Lifelight Fitness owner Thomas Miller. "We make fitness fun, safe and exciting."

Miller insists that Lifelight Fitness is more than a gym, but rather a success community. With a wide variety of offerings from small group training to a virtual trainer to boot camps to yoga, Lifelight makes it a priority that you leave feeling better than you did upon arriving.

With over 16 years in the fitness industry, Miller hatched Lifelight Fitness in November of 2015. His experience as a master trainer, CrossFit coach and gym manager combines the best of each of these worlds with a spirit mindset.

"I love helping people become healthier and happier," said Miller. "There are many things in life that we cannot change, however our bodies are always in a



state of change. What we do with them and what we put into them determines how our body will look and feel," said Miller.

Fitness has always been Miller's sanctuary. He grew up in a very poor family that was riddled by alcohol and drug abuse. Healthy choices and habits were not the norm. He started working out and playing sports when he was in sixth grade to escape the craziness at home. The confidence and sense of worth that he gained through fitness helped him get through many tough times during his childhood and even through college. When he ran into his own self-created tough times as an adult, fitness was, once again, there for him. Through all of this, Miller learned that fitness connects him with his higher power,

which is greater than himself and is a completely positive light. Alas, Lifelight Fitness was born.

Lifelight is a fitness facility that thrives on connection and community. To learn more, email Thomas@lifelightfit.com, visit them online at www.lifelightfit.com or call 925-339-9420. Lifelight is located at 7034 Commerce Circle in Pleasanton.



Lifelight Fitness owner Thomas Miller invented FitFUNction, the most effective 30-minute workout in the Universe.