

About Lean Lena

Lean Lena is a personal blog about one journey to fitness: from an unhealthy and careless life to learning new, lifestyle changing habits; from somebody who never exercises to a certified Spinning® and TRX® Instructor successfully teaching indoor cycling and TRX® classes at a local gym.

Enjoying the journey – every step of the way!

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Social Media

*As of 09/1/2015

- 817 likes
- 485 followers
- 604 followers
- 448 followers

Blog Stats

Numbers below are 2015 monthly average

- Page Views: 15,600
- Unique Visitors: 7,000
- E-mail Subscribers: 544

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