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Know it. Nourish it. Move it.

The three key steps in keeping your resolution aren't as complicated as you think.

CHANHASSEN, Minn., Dec. 27, 2017 /PRNewswire/ -- It's simple: When you know how the body works, nourish it with the right food and keep it moving, you'll see better results and lead a healthier life.

Experience the interactive Multichannel News Release here:
https://www.multivu.com/players/English/82006241-life-time-know-nourish-move-philosophy/

But incorporating the Know it. Nourish it. Move it. philosophy may require the help of a fun, knowledgeable community that keeps you coming back for more.

- **Know it:** Achieving fitness goals is more than just logging hours in a gym. Nutrition, stress, sleep and recovery all play a critical role. Understanding how your body works and what it needs is a critical step in getting you where you want to go. Another key step? Identifying the right goal. 92% of New Year's resolutions fail. Why? People don't set clear, actionable goals that they can turn into commitments.
- **Nourish it.** No health- or fitness-related goal can be achieved without properly fueling your body and understanding what kind of nutrients you need – and don't need. If you're not sure you're getting the right nourishment in your diet, or what foods don't work for you, it's crucial to meet with a professional who can help you understand how to best nourish your body.
- **Move it.** Sweat equity still counts. It's easy to pick a number you want to see on the scale, but it's also easy to get derailed if you're not seeing results right away or you're bored by your workouts. The right motivation will propel you forward and silence the barriers between you and success. Members and non-members alike can visit any Life

Time destination throughout January to discover a vast array of classes, programs and activities as a part of the Commit to Fit movement.

Use these tips to boost your passion for your 2018 commitment! And join Life Time's Commit to Fit movement at destinations nationwide throughout January to experience special class formats, programs and more!

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