

November 19, 2013



Tens of Thousands of Participants Expected at Iconic Life Time Turkey Day 5K on Nov. 28

*Registrations still open for Thanksgiving fun run and walk at www.turkeyday-5K.com;
Encourages families to give back to local food banks and to give thanks to health this year
and for many more to come*

Life Time Fitness (NYSE:LTM):

WHAT:

Tens of thousands of people will kick off their Thanksgiving Day festivities by participating in the Life Time Turkey Day 5K taking place in Boise, Idaho, Chicago, Ill., Minneapolis, Minn., Phoenix, Ariz., and San Francisco, Calif. on Thanksgiving Day, Thursday, Nov. 28. Presented by [Life Time – The Healthy Way of Life Company](http://www.lifetimefitness.com), the festive holiday tradition encourages adults and children alike to start the Thanksgiving holiday off in a healthy way with a morning 5K fun run and walk.

Once again this year, Life Time will collect non-perishable food donations prior to the 5K and donate all of the items to a variety of local food banks including the Boise Rescue Mission, Greater Chicago Food Depository, Second Harvest Heartland, Minneapolis, Society of St. Vincent de Paul, Phoenix and San Francisco and Marin Food Banks. In 2012, race participants helped collect nearly 25,000 pounds of much-needed food and nearly \$30,000 to provide more than 110,000 meals for the non-profits.

Kids are encouraged to join in on the fun and at select events will enjoy shorter run courses like the Plymouth Rock Ramble in Chicago, Ill. and the 1-Mile Gobbler Dash and Tot Trot in Phoenix, Ariz. Kids will also enjoy a carnival featuring fun fitness activities and games in Minneapolis, Minn. and Phoenix, Ariz.

The Turkey Day 5K hatched in Minneapolis, Minn. in 1989 and has since grown to host upwards of 15,000 fun-loving walkers, joggers and runners every Thanksgiving morning in cities across the country.

Registration for the Turkey Day 5K is still open at TurkeyDay-5K.com. For more information, like [Turkey Day 5K on Facebook](https://www.facebook.com/TurkeyDay5K) or follow [@TurkeyDay5K on Twitter](https://twitter.com/TurkeyDay5K).

WHEN/WHERE: Thursday, November 28, 2013

Boise:

Turkey Day 5K Boise

Race Start: Main Street at Capitol Blvd

9 a.m. 5K starts

Chicago:

Turkey Day 5K Chicago presented by Fleet Feet Sports

Race Start: Lincoln Park, Cannon Drive, north of Fullerton

9 a.m. 5K starts

Minneapolis:

Turkey Day 5K Minneapolis

Race Start: Life Time Fitness Target Center, North 4th Street

8 a.m. 5K starts

Phoenix:

Turkey Day 5K/10K Phoenix

Race Start: Wesley Bolin Plaza on Jefferson

8 a.m. 10K starts
8:15 a.m. 5K starts

San Francisco:
Turkey Day 5K San Francisco
Race Start: Terry Francois Blvd at 3rd St behind AT&T Park
8 a.m. 5K starts

ADDITIONAL INFO: For more information about the Life Time Turkey Day 5K, visit TurkeyDay-5K.com, like [Turkey Day 5K on Facebook](#) or follow [@TurkeyDay5K on Twitter](#).

*** MEDIA NOTE:** For on-site media credentials, please contact Lauren Flinn at 952.229.7776 (office) or 919.302.3789 (cell) or by email at lflinn@lifetimefitness.com.

About Life Time Fitness, Inc.

As The Healthy Way of Life Company, Life Time Fitness (NYSE:LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations and fitness goals by engaging in their areas of interest – or discovering new passions – both inside and outside of Life Time’s distinctive and large sports, professional fitness, family recreation and spa destinations, most of which operate 24 hours a day, seven days a week. The Company’s Healthy Way of Life approach enables members to achieve this by providing the best programs, people and places of uncompromising quality and value. As of Nov. 19, 2014, the Company operated 108 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC® brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Photos/Multimedia Gallery Available:

<http://www.businesswire.com/multimedia/home/20131119006785/en/>

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