

October 16, 2014



Experience Life Presents Free Health Summit “A Healthy Revolution 2014”

Award-winning whole-life health and wellness magazine partners with Entheos.com to present a cutting-edge digital event Oct. 20-25

Life Time Fitness (NYSE:LTM):

WHAT: “A Healthy Revolution 2014” is a groundbreaking digital event that will transform how participants think about health, fitness, nutrition, and optimal living. Hosted by Experience Life’s award-winning editorial team, and co-presented by RevolutionaryAct.com and Entheos.com, this free conference will feature today’s most progressive experts, valued and well-respected individuals like Grain Brain author David Perlmutter, MD; integrative and functional-medicine pioneer Sara Gottfried, MD, author of *The Hormone Cure*; Congressman Tim Ryan, author of *A Mindful Nation* and the forthcoming *The Real Food Revolution*; and Mindful magazine publisher James Gimian. These experts and many more will be sharing their cutting-edge perspectives on health and wellness.

The event is an extension of Experience Life’s commitment to support participants in living healthy lives — even in the face of real challenges — and to lead a movement intent on creating a happier, healthier world.

WHEN/WHERE: **October 20 – 25, 6 p.m. to 8:30 p.m. CST**
Entheos.com/HealthyRevolution2014

REGISTRATION: Those interested can register for their free ticket at www.entheos.com/HealthyRevolution2014. If people are unable to attend, but are interested in accessing the interviews, they can pre-purchase the entire library of expert interviews for \$25 (includes videos, MP3s and PDF transcripts). Purchase price upon conference completion is \$50.

CONTACT: For additional information about “A Healthy Revolution: The Virtual Conference,” please contact Laura Fogelberg, Experience Life’s marketing specialist, at lfogelberg@experiencelife.com or 651-265-9988.

About Experience Life

First published in 2001, *Experience Life* is an award-winning whole-life health and wellness magazine committed to helping its readers improve their health and fitness while enjoying more satisfying, authentic and meaningful lives. It covers a wide variety of quality-of-life topics, including health and nutrition, fitness and athletics, personal wisdom, stress-management, sustainable lifestyle, active adventures, and more. Published 10 times a year, *Experience Life* is available by subscription and on select newsstands nationwide, including many Whole Foods Market and Barnes & Noble stores. It currently enjoys a circulation of more than 630,000, with an MRI-estimated reach of 3.2 million. For more information about *Experience Life*, including 12 years of archived content, please visit the award-winning ExperienceLife.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 Oct. 16,

2014, the Company operated 112 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.

Life Time Fitness
Lauren Hartung, 952-229-7776
lhartung@lifetimefitness.com

Source: Life Time Fitness