

# School Break and Summer Schedules Present Perfect Time to Reinforce Safety Measures with Kids

CHANHASSEN, Minn.--(BUSINESS WIRE)-- School is out and neighborhood parks, swimming pools and ball fields have come alive with family outings, sporting events and recreational activities. As summer schedules kick into high gear, this is the ideal time for parents and caregivers to remind children of important safety practices.

Life Time Fitness Safety Coordinator, Tim Swan, offers a few key safety considerations for families.

- Getting there safely: Make sure everyone is buckled up properly. If your child requires a car seat, make sure it is the proper size and that the shoulder strap crosses the body at the proper angle.
  
- Location, location, location: Don't let children play in areas where visible hazards are present (construction, broken glass, damaged equipment). As a precaution, keep children away from stray or wild animals.
  
- Sun Safety: Protection from sun exposure is important year round. Remember to take frequent breaks from the sun (it's best to avoid direct exposure between 10:00 a.m. and 4:00 p.m.). Wear clothing made of tightly-woven fabric (darker colors may offer more protection than lighter colors). Wear a hat and sunglasses. Apply and reapply sun screen frequently. Drink plenty of fluids (water is the best choice or, when exercising, consider a sports drink to help replace electrolytes).
  
- Supervision: Particularly with younger children, always ensure that a designated supervisor is in place whether at the park, playground or other outdoor setting. Remember to remind kids to avoid talking to strangers and to report any suspicious activities.
  
- Use proper equipment: Always wear a helmet when biking, skateboarding or skating and use the appropriate, proper fitting equipment when participating in sports.
  
- Swim Safely: Read and adhere to all posted rules before entering a lake or pool. Children always need direct and active supervision when swimming.

"As a healthy way of life company, Life Time Fitness is committed to providing safe, fun, family-oriented facilities, events and activities," said Swan. "Education is a major tenet of our mission and we welcome the opportunity to remind everyone of these basic, yet important measures they can take with their children to enjoy a safe, fun summer."

Life Time to host Family Safety Day June 25

Life Time members and guest are invited to participate in a special Family Safety Day at most of its locations nationwide on Thursday, June 25, from 5:30 p.m. to 7:30 p.m. Local experts will be on hand for demonstrations and exhibits to remind the community to swim

safe, play safe and drive safe. Among the planned activities are:

- Child fingerprinting
- Water safety demonstrations
- Car seat inspections
- Stranger danger
- Fire safety

Activities may vary by location, so please call your preferred Life Time location in advance for more information. A listing of Life Time locations is available online at [lifetimefitness.com](http://lifetimefitness.com)

#### About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE: LTM) operates distinctive and large, multi-use sports and athletic, professional fitness, family recreation and resort and spa centers. The company also provides consumers with personal training consultation, full-service spas and cafes, corporate wellness programs, health and nutrition education, the healthy lifestyle magazine, Experience Life, athletic events, and nutritional products. As of June 22, 2009, Life Time Fitness operated 84 centers in 19 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Missouri, Nebraska, New Jersey, North Carolina, Ohio, Tennessee, Texas, Utah and Virginia. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at [lifetimefitness.com](http://lifetimefitness.com). LIFE TIME FITNESS, EXPERIENCE LIFE, and the LIFE TIME FITNESS TRIATHLON SERIES are registered trademarks of Life Time Fitness, Inc. All other trademarks or registered trademarks are the property of their respective owners.

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