

December 12, 2012



Indianapolis Among 30 U.S. Cities to Host Inaugural Commitment Day Events on January 1, 2013

Simultaneous 5K Walk/Run Events to Launch Year-Round Commitment Day Movement, Prompting Americans to Adopt Healthy, Active Lives

INDIANAPOLIS--(BUSINESS WIRE)-- With the arrival of the holidays and New Year comes the perennial time when individuals consider making changes to lose weight, get fit and address any number of personal vices. Yet, as New Year's resolutions tend to fade away, many already will have reverted to old behaviors by February.

This January 1, 2013, however, hundreds of thousands nationwide will go beyond making short-term resolutions in exchange for long-term commitments to healthy and active lifestyles. In the case of Indianapolis residents, thousands will descend upon the Lucas Oil Stadium on January 1 at 11 a.m. EST for [Commitment Day](#), marking the launch of a 365-day movement designed to unite all Americans in making personal commitments to a healthier way of life. The same will occur in 29 other U.S. cities with Americans participating in simultaneous 5K walk/run events, declaring their commitment and personal responsibility to make America healthier.

"Our nation is at a breaking point with ever-rising obesity rates and the time for change is now," said Scott Langford, Race Director for the Indianapolis Commitment Day event. "According to a recent study by F as in Fat, Indiana is ranked in the top 10 states for being unhealthy and overweight, and residents need to take action. Commitment Day is all about inspiring a fitness revolution to urge all Americans to commit to a healthy and active way of life. It will be a day of epic proportions as hundreds of thousands of individuals join together in support of healthy eating, exercise, personal responsibility, giving and respect."

All Commitment Day 5K walk/run events will occur simultaneously at 8 a.m. PST, 9 a.m. MST, 10 a.m. CST, and 11 a.m. EST. The Indianapolis event starts and finishes at Lucas Oil Stadium. The loop course takes participants past downtown sites Victory Field, Indiana Statehouse, Artsgarden, Banker's Life Fieldhouse, and finishes on the field of the Indianapolis Colts! Registration will open at 9 a.m. EST and the 5K will begin at 11 a.m. EST. All participants will receive a Limited Edition Commitment Day t-shirt and a 2013 Commemorative Commitment Journal to help track their progress for living a healthy lifestyle throughout the year.

As an added incentive, Commitment Day participants are encouraged to fundraise on behalf of the Commitment Day Founding Charity Partners, including [Special Olympics](#), [MusiCares](#), [Folds of Honor](#) and the [Life Time Foundation](#).

For more information or to register as a Founding Member of the Commitment Day movement, visit www.commitmentday.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 customers to achieve this by providing the best programs, people and places of uncompromising quality and value. As of December 12, 2012, the Company operated 105 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC(SM) brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Life Time Fitness

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