

Give Dad Something He Actually Needs This Father's Day

The gift of health fits dads of all ages, shapes and sizes

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Let's face it. Dad probably doesn't need another tie, tool, fishing lure or gadget. With Father's Day falling on the final day of National Men's Health Week, it's the perfect time to encourage Dad and the other men in your life to start living a healthier way of life. This year, [Life Time – The Healthy Way of Life Company](#) (NYSE: [LTM](#)) has a list of gifts to inspire and motivate the healthy side of Dad.

- [Massage and Body Care](#): Massages aren't meant for Mom only. What seems luxurious is actually a necessary way to care for our bodies. Massage alleviates stress and detoxifies both mentally and physically. Give Dad what his body needs and the sense of well being that he deserves with a LifeSpa massage. Choose from a deep tissue, trigger point, relaxation or a muscle therapy massage that will have dad feeling relaxed in no time. Then, make sure he cleans the garage and mows the lawn.
- [myHealthScore](#): Help Dad understand his health from the inside out with a myHealthScore[®] health assessment. This assessment is quick, easy and looks at 16 areas that impact Dad's health. Once he knows his unique score, he'll receive a personal dashboard, plan and coaching he needs to achieve his total health objectives, athletic aspirations and fitness goals. Of course, if the results show something needing further evaluation, a visit to the doctor may be required.
- [Heart Rate Monitor](#): Dad may be eating right and working out for hours each week without seeing the results he desires. Using strategic heart-rate training, Dad can achieve success through a personalized form of cardiovascular training that establishes optimal exercise intensities – or zones – based on Dad's unique metabolism, heart rate, current level of fitness and health or fitness goals. By working out within these parameters, Dad's cardiorespiratory system will become stronger and more efficient leading to improved athletic performance.
- [Fitness Nutritionals](#): High quality nutritional supplements should play a pivotal role in Dad's daily health objectives and endeavors but many over-the-counter supplements are ineffective and a waste of money. The right supplements can significantly impact one's overall health and wellness and when needed, aid in weight loss*. Get Dad started on a well-rounded foundation of supplements that carry a quality guarantee and specific formulation. A men's multivitamin, Omega-3 Fish Oil, Grass Fed Whey Protein and Glutamine are suggested supplements to combat inflammation, manage stress, enhance performance and support weight management*.
- [Training Sessions](#): While Dad probably thinks he knows his way around the gym, the fact is only 15 percent of people actually do. If he's following the same fitness regimen he did in his 20's it's likely time for a change. Get the right guidance for Dad with a thorough personalized plan with a Life Time Certified Trainer who can help him

optimize his workouts and improve his overall fitness.

A happy and healthy Dad benefits everyone. For more healthy gift options for Dad, visit a Life Time destination [near you](#) or shop.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 customers to achieve this by providing the best programs, people and places of uncompromising quality and value. As of June 7, 2013, the Company operated 106 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.

*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure or prevent any disease.

myHealthScore® and all services associated with it are for participant educational use only. myHealthScore should not be considered or used as a substitute for medical advice, diagnosis or treatment. Participants should seek the advice of a physician or other qualified health care provider with any questions regarding personal health or medical conditions. Life Time recommends that each participant consult a physician before beginning any new exercise or nutritional program.

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