

November 10, 2014



# America Invited to Help Select Four \$10,000 Winners in the Life Time 90-Day Challenge; Voting Open Through Nov. 12

*Finalists narrowed to 10 men and women in Weight Loss and Transformation Categories from more than 26,000 participants*

CHANHASSEN, Minn.--(BUSINESS WIRE)-- A record-breaking 65,672 pounds were lost by more than 26,000 people across the country and in Canada during the [Fall 90-Day Challenge](#) by [Life Time – The Healthy Way of Life Company](#) (NYSE:LTM). The field has now been narrowed to the top ten men and women in both the Weight Loss and Transformation categories, and the public is asked to cast their votes for the four \$10,000 national winners. Voting is now open at [lifetime-weightloss.com/90day](http://lifetime-weightloss.com/90day), where each finalists' before and after pictures and inspiring stories can be viewed. Voting ends at 10 p.m. EST on Wednesday, Nov. 12.

In total, more than \$100,000 in cash and prizes will be awarded to these national winners, along with each of the club winners from 112 Life Time destinations. To make it to the finals in the bi-annual competition, Weight Loss contenders had to lose the largest percentage of body weight while Transformation contenders were judged on total transformation in body composition, including body fat percentage; both were required to submit before and after photos along with an essay.

The 20 national finalists hail from 12 states and include the following:

**Male Transformation**

Dan S., Alpharetta, GA

Ira H., Lenexa, KS

Jack B., Laguna Niguel, CA

Jeff K., Eagan, MN

Mark F., Laguna Niguel, CA

**Female Transformation**

Kelly O'D., Beachwood, OH

Leila A., Rochester Hills, MI

Melody R., Lakeville, MN

Sarah H., Gilbert, AZ

Trisha C., Schaumburg, IL

**Male Weight Loss**

Christopher C., Maple Grove, MN

Colt G., Gilbert, AZ

John E., Cary, NC

Mike A., North Dallas, TX

Patrick B., Overland Park, KS

**Female Weight Loss**

Aleda C., Collierville, TN

Heather W., Eagan, MN

Maria S., Lakeville, MN

Mary S., Des Moines, IA

Toni P., New Hope, MN

All 90-Day Challenge participants received complimentary access to weekly "Try-It Tuesday" events at participating Life Time locations, including grocery store tours, a variety of seminars on nutrition, exercise and technology topics, and fitness classes and events all designed to ensure success.

Participants could also received exercise and diet guidance from Life Time Personal Trainers and Nutrition Coaches, a comprehensive nutrition e-Book, web-enabled support tools via myLT.com, and access to an online leader board.

For more information and full [official rules](#), or to register for the Spring 90-Day Challenge, which opens in January, visit a Life Time destination [near you](#), [lifetime-weightloss.com/90day](http://lifetime-weightloss.com/90day) or [facebook.com/lifetimefitness](http://facebook.com/lifetimefitness).

\*Results vary based on individual factors such as diet, genetic make-up and overall health. Please see your physician before beginning any new nutrition or exercise program.

### **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. 10, 2014, the Company operates 113 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](http://lifetimefitness.com).

### **For Life Time Fitness, Inc.**

Natalie Bushaw, 952-229-7007  
[nbushaw@lifetimefitness.com](mailto:nbushaw@lifetimefitness.com)

or

Mallory Liebhaber, 212-838-1878  
[mallory@thewoodsandco.com](mailto:mallory@thewoodsandco.com)

Source: Life Time Fitness, Inc.