

June 27, 2011



Individuals Choosing Unhealthy Lifestyles May Soon Pay Heftier Price for Health Care Benefits

Allina Hospitals & Clinics and Life Time Fitness to launch groundbreaking partnership aimed at advancing preventative health and wellness initiatives and awareness

Life Time Fitness (NYSE: LTM):

WHAT: Companies looking to impact the rise in health benefits costs increasingly are offering incentives for employees to adopt and maintain healthy habits. Those ignoring the incentives soon may find themselves paying more for the same coverage. Life Time Fitness, Inc. (NYSE: LTM) Chairman, President, CEO and Founder, Bahram Akradi, will join Allina Hospitals & Clinics CEO and COO, Ken Paulus, to discuss this trend and the organizations' collaborative effort to advance preventative health and wellness initiatives and awareness. Through the partnership, Allina plans to introduce Life Time's comprehensive health and wellness assessment, and health promotion program, myHealthCheck, to its employees. Additionally, in response to the nation's challenge of reducing health care costs, the organizations aim to positively impact serious, yet controllable, health factors that greatly contribute to those costs.

WHEN: Thursday, June 30, 2011 -- 1:30 p.m.

WHERE: Mercy Hospital
4050 Coon Rapids Blvd.
Coon Rapids, MN 55433
763-236-6000

ADDITIONAL

DETAILS: Akradi and Paulus will be available for interviews post-conference. Please contact Tim Burke at 651-241-8943 or timothy.burke@allina.com or Jason Thunstrom at 952-229-7435 or pr@lifetimefitness.com for more information about the event.

[About Allina Hospitals & Clinics](#)

[Allina Hospitals & Clinics](#) is a not-for-profit system of hospitals, clinics and other health care services, providing care throughout Minnesota and western Wisconsin. Allina owns and operates 11 hospitals, more than 90 clinics, and health care services, including home care, hospice and palliative care, oxygen and medical equipment, pharmacies and emergency medical transportation.

[About Life Time Fitness, Inc.](#)

As the Healthy Way of Life Company, Life Time Fitness (NYSE: LTM) delivers the certified professionals, comprehensive businesses and incredible destinations that help people positively change their lives every day. The Company's healthy way of life approach enables its customers to achieve their health 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. As of June 27, 2011, the Company operated 92 centers under the LIFE TIME FITNESS^(R) and LIFE TIME ATHLETICSM brands primarily in suburban locations in 21 states and 26 major markets. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

This press release contains "forward-looking statements" as defined in the Private Securities Litigation Reform Act of 1995. These statements are based on current expectations of future events, and can be identified by words such as "expect," "will," "believe" and similar words speaking to the future. If underlying assumptions prove inaccurate or unknown risks or uncertainties materialize, actual results could vary from Life Time's expectations.

Source: Life Time Fitness