

Life Time Foundation and Deephaven Elementary Launch Second Year of Healthier School Lunch Partnership

With a Focus on 'Healthy People, Healthy Planet' Initiatives, Life Time Foundation to Expand School Lunch Makeover to Elementary Schools in Chicago, Dallas and Phoenix

CHANHASSEN, Minn.--(BUSINESS WIRE)-- As part of its 'Healthy Kids, Healthy Planet' mission, the Life Time Foundation is undertaking the goal of positively impacting children's health and wellness through an initiative designed to inspire healthier lunches and increased exercise in our nation's schools. Of primary focus is the removal of bleached flour, processed sugars, food coloring, high fructose corn syrup, preservatives, Trans fats and hormones found in the food children consume.

Last year, the Foundation selected [Deephaven Elementary](#), which is part of the [Minnetonka Public School District](#), as a partner in the pilot program to design and launch a new lunch menu beginning in the 2011/12 school year. Life Time Foundation committed the resources necessary to cover the cost difference between the school's budget and that required for the new, healthier menu. The philosophy was to keep familiar items on the menu that children recognized such as pizza and chicken nuggets, but to offer healthier versions. This contributed to strong acceptance by the students of the new menu. Additionally, [Life Time](#) (NYSE: LTM) also worked with the faculty to augment the school's exercise programs and provide parents with tools and information to help kids improve their health through improved diets and exercise at home.

The 2012/13 school year marks the second year of the effort, with ongoing focus on lunch menu design and the elimination of the identified ingredients, as well as support in incorporating the USDA's recently announced guidelines for school lunches nationwide. The USDA is requiring more fruits and vegetables as part of their new guidelines which is in line with the Life Time Nutrition philosophy. Life Time and Deephaven also plan to design and test new exercise curricula and programming.

"With healthy children in mind, it is our goal to work collaboratively with forward-thinking, innovative schools to take giant steps in addressing nutrition issues our children face," said Life Time Fitness Chairman, President, and CEO, Bahram Akradi. "My sincere appreciation and thanks go to the Minnetonka School District and Deephaven Elementary staff, notably Superintendent, Dr. Dennis Peterson, Deephaven Principal, Bryan McGinley, and Minnetonka Nutrition Services Supervisor, Jane Bender, along with the students and parents who so willingly supported and embraced the opportunity to take part in this collaborative effort."

"Our partnership with the Life Time Foundation is of great value to the children of our school and their families," said Bryan McGinley of Deephaven Elementary School. "We have been extremely happy with the Life Time Foundation team and their commitment to make this

initiative a success. Our new lunch program has been received with enthusiasm from our school community and we are excited about continuing our partnership with the Life Time Foundation this school year.”

In addition to Deephaven Elementary, the Life Time Foundation will expand its school lunch mission to three additional schools for the 2012/13 school year in the Chicago, Dallas and Phoenix metro areas.

For more information on the Life Time Foundation, visit www.ltffoundation.org or like us on Facebook at www.facebook.com/lifetimefitnessfoundation.

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 September 17, 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.

About Life Time Foundation

As the charitable giving component of Life Time, the Life Time Foundation is about inspiring healthy people and a healthy planet one mission at a time. Our current mission is improving children's nutrition - One School Lunch Program at a Time. We’re on a mission to ensure every child has a healthy start in life, beginning with proper nutrition and exercise. Unlike many other charitable organizations in which a portion of your donation is consumed by administrative costs, 100% of every dollar donated to the Life Time Foundation supports our missions. That's because all administrative costs are contributed by Life Time Fitness, Inc.

Life Time Fitness

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