

December 26, 2012



# “Out with Resolutions, In with Commitments,” Say Tens of Thousands Set to Participate in Inaugural Commitment Day Events across U.S. on January 1, 2013

Life Time Fitness (NYSE:LTM):

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## WHAT:

- On **Commitment Day** (New Year's Day) tens of thousands of individuals will declare their commitments to living healthier
- **Commitment Day 5K (3.1 miles) walk/run events** symbolically launch a year-round Healthy Way of Life movement
- Commitment Day is all about making genuine and lasting commitments to healthy eating, exercise, personal responsibility, giving and a healthy planet

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## WHY:

- **Our nation is at a breaking point**
- We are faced with the crippling and growing physical and financial impact of obesity and associated health care costs
- Controllable diseases are out of control – 66% of us are overweight or obese, 25.8 million have diabetes and a generation of children have a life expectancy shorter than their parents
- **The time for change is now**

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## WHEN:

- **January 1, 2013**
- Commitment Day 5K (3.1 miles) **walk/run events will occur simultaneously at 8:00 a.m. PST, 9:00 a.m. MST, 10:00 a.m. CST, and 11:00 a.m. EST.**

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## WHERE:

- |              |                 |                   |
|--------------|-----------------|-------------------|
| • Atlanta    | • Detroit       | • Omaha           |
| • Austin     | • Houston       | • Phoenix         |
| • Boca Raton | • Indianapolis  | • Raleigh         |
| • Chicago    | • Kansas City   | • Salt Lake City  |
| • Cincinnati | • Las Vegas     | • San Antonio     |
| • Cleveland  | • Los Angeles   | • St. Louis       |
| • Columbus   | • Memphis       | • Tulsa           |
| • Dallas     | • Minneapolis   | • Washington D.C. |
| • Denver     | • New York City |                   |

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## HOW:

- Visit [www.CommitmentDay.com](http://www.CommitmentDay.com) to register for the Commitment Day walk/run in your area as a Founding Member and commit to the healthy way of life

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## PARTNERS:

- Participants are encouraged to fundraise for Commitment Day **Founding Charity Partners:** [Special Olympics](#), [MusiCares](#), [Folds of Honor](#), [Augie's Quest - MDA](#) and the [Life Time Foundation](#)
  - Commitment Day is proud to recognize **Founding Corporate Partners:** Best Buy, Blue365, Hosting, Intereum, Interline Brands, Japs-Olson, Life Fitness, Loffler, Matrix, SNAP, SPRI, Staples, Whole Foods, Woodway
  - Commitment Day is proud to recognize **Founding Celebrity Ambassadors:** Eric Decker, Chris Freytag, Sarah Haskins, Jerry Kill, Glen Mason, Glen and Alisha Perkins, Christian Ponder, Major Dan Rooney, Kelly Rowland, Ricky Rubio, Norwood Teague, Darrell Thompson, Mike Yeo
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For more information, or to set up interviews or day-of media attendance: Lauren Flinn, 952-229-7776, [lflinn@lifetimefitness.com](mailto:lflinn@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 Dec. 26, 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](http://lifetimefitness.com).

**Life Time Fitness, Inc.**

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Source: Life Time Fitness, Inc.