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Life Time and Done Right Food Bring Healthy Lunches to More Than 20 Metro Area Schools

Initiative furthers Life Time's mission to improve children's nutrition nationwide

CHANHASSEN, Minn.--(BUSINESS WIRE)-- As students return from summer break and hit the books across the Twin Cities, many will be enjoying healthier lunches this school year.

Through a collaborative effort between the [Life Time Foundation](#) and [Done Right Food](#), a food services company that dishes up almost 8,000 daily meals to metro area students, more than 20 schools now will offer a new lunch menu free of high-fructose corn syrup; bleached flour; artificial preservatives, sweeteners and colors; trans fats and hydrogenated oils; no added hormones or antibiotics in beef, and where possible, the same in other animal products.

On behalf of each participating school, the Life Time Foundation covers the food cost difference between the old menu and that required for the new, healthier menu.

In advocating for improved lunches, the Life Time Foundation's focus is to ensure students continue to enjoy the foods they love while eliminating certain ingredients and, instead, providing healthy, more natural alternatives that contribute to a healthy way of life. The Life Time Foundation also works directly with schools to provide students, parents and teachers with healthy eating resources that encourage healthy decisions at school, home and elsewhere.

"Done Right Food's commitment to provide healthy lunches aligns with our primary mission to improve children's nutrition," said James McGuire, Life Time Foundation Director of Operations. "Through this relationship, we are proud to further expand the number of schools making positive nutrition changes and, by extension, help many more children establish healthy eating habits for the future."

"We started Done Right Food in 2007 with a goal to provide wholesome school food, while teaching a healthy message to students," said Mary Hunn, CEO and registered dietitian, Done Right Food Services, Inc. "The Life Time Foundation's generous support of the schools we cater allows us to take our commitment to provide nutritionally healthy meals to an entirely new level."

For more information about the Life Time Foundation or to nominate a school for participation, visit www.ltfoundation.org or www.facebook.com/lifetimefitnessfoundation.

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 are 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 portions of donations are 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.

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 Sept. 19, the Company operated 107 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.

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