

December 16, 2013



# Thousands of Denver Residents to Commit to Live Healthier, More Active Lives in 2014 at Commitment Day 5K Fun Walk/Run

Life Time Fitness (NYSE:LTM):

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**WHAT:** Thousands will lace up their sneakers in Denver on January 1, declaring their commitments to living healthy, active lives in 2014 as part of a 35 city Commitment Day 5K fun walk/run event.

[Commitment Day](#), a broad social movement created by [Life Time – The Healthy Way of Life Company](#) in 2013, will kick off its second year with tens of thousands across the nation committing to healthy eating, exercise, family, respect, giving and a healthy planet in 2014.

For more information or to register, visit [www.commitmentday.com/denver](http://www.commitmentday.com/denver).

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**WHEN:** January 1, 2014  
11 a.m.

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**WHERE:** Commitment Day Denver  
Colorado State Capital  
200 E Colfax Avenue  
Denver, CO 80203

The 3.1 mile course starts on East 14th Avenue at the base of the Colorado State Capitol building, and heads down Franklin Street towards historic Cheesman Park. The course takes a scenic loop through the park before heading back to the capitol, finishing at the steps of Colorado's symbolic state capitol between Grant and Sherman Streets.

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**STORY IDEAS:** Story angles leading up to Commitment Day include:

- Human interest – connect with us to learn more about how people in your community have committed to losing hundreds of pounds, overcoming MS, combating autism and more.
- Couch to 5K – a healthier life starts with a single step in the right direction
- How to prep for Commitment Day
- How to make and keep a New Year's Commitment
- New Year, New You

Story angles day-of include:

- Thousands in the community toeing the start line to a healthier life
  - Human interest – inspirational stories of those completing the Jan.1 5K walk/run event
  - Starting new traditions for you and your family
  - Most common New Year's Commitments – poll the crowd to hear what people are committing to in 2014
  - New Year, New You
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Source: Life Time Fitness

