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Failed New Year's Resolutions?

Life Time Fitness Offers Tips to Get Health and Fitness Programs Back on Track

CHANHASSEN, Minn.--(BUSINESS WIRE)--

With Spring upon us, the days are getting longer and the holidays seem like a distant memory. And, all over the nation, 2008 New Year's health and fitness resolutions made by countless individuals have seemingly fallen by the wayside. In support of the people who already have thrown in the proverbial towel of disappointment over failed resolutions, Life Time Fitness (NYSE: LTM) offers guidance to resurrect those well intentioned plans.

"Most people begin new fitness programs with good intentions," said Jeff Zwiefel, Life Time Fitness senior vice president and exercise physiologist. "For a variety of reasons, however, many fail to get past even the first few weeks of their new commitment. The good news is that there is no need to be discouraged if you did not start the year off the way you had hoped. There never is a bad time to start a fitness program and anyone can revitalize or begin anew on a reasonable, sound plan based on education, exercise and nutrition - the three key building blocks to a healthy and active way of life."

Life Time Fitness Tips for Rescuing the Resolution to be Healthy and Fit:

- Be Realistic. Being fit and staying fit is a continuous pursuit. Don't place too much pressure on yourself by attempting to do too much too soon, only to end up experiencing frustration and failure. The key is to start slow and increase your intensity over time.

- Set Short-Term Goals. Determine what you want to accomplish and set a series of challenging, but achievable milestones along the way. Identifying and accomplishing specific goals will help you build confidence as you progress through your fitness program. A personal trainer can be an excellent resource to help determine appropriate goals.

- Introduce Variety. Prevent workout boredom by adding a variety of activities to your fitness routine. You are far more likely to stick with your plan if you introduce activities that you enjoy. If you belong to a health and fitness center or gym, take a look at the range of programs and events that are offered. The days are getting longer, so why not mix up your exercise program with a walk or jog outdoors.

- Make Time for Fitness. One of the most daunting barriers to maintaining a regular fitness program is the perceived time commitment. It is important to schedule your workout time just as you would a business meeting or family activity. People make time for the things that are important to them and a fitness program should be no different. Remember to invest in yourself - it pays dividends.

-- Begin Today. Eliminate excuses that prevent the start of your exercise commitment. Too often people make commitments for, "next week," "next month," or the "New Year." There is no time like the present. Go for a walk. Take the stairs instead of the elevator. If you started a program in January, but have already fallen off the fitness wagon, start again. Invest in your own health and wellness TODAY.

"It's important for people to recognize that effective, long-term health and wellness cannot be achieved overnight," says Zwiefel. "It requires a continuous, balanced approach to exercise and nutrition mapped to an individual's unique needs and goals. Not unlike other goals that are worth pursuing, this should be an integral part of your daily routine. When conducted with realistic expectations, dedication, variety and the proper guidance, short-term setbacks won't result in long-term failure. It's never too late to start again and start right."

When starting a new fitness and nutrition plan, it is vital to have realistic expectations. Some of the benefits can be almost immediate but some take a bit longer. Even though individual results will vary, the following changes can be expected with a regular fitness program:

-- From one to eight weeks: Look to feel better and have more energy.

-- From two to six months: Lose size and inches while becoming leaner. Clothes begin to fit more loosely. Muscle is gained and fat is lost.

-- After six months: Start losing weight more rapidly.

Life Time Fitness also offers a variety of classes and seminars to assist you in maintaining your fitness routine and to help you understand how our body benefits to proper nutrition and working out. "And remember, a healthy lifestyle is not a destination, it's a journey," added Zwiefel. "And Life Time Fitness will be there every step of the way with you to assist you and encourage you."

Consumers may receive additional health and wellness information by visiting lifetimefitness.com.

Life Time Fitness recommends visiting your health care professional before beginning a new workout routine.

About Life Time Fitness, Inc.

Life Time Fitness, Inc. (NYSE:LTM) operates distinctive and large, multi-use sports and athletic, professional fitness, family recreation and resort and spa centers. The company also provides consumers with personal training consultation, full-service spas and cafes, corporate wellness programs, health and nutrition education, the healthy lifestyle magazine, Experience Life, athletic events, and nutritional products. As of April 2, 2008, Life Time Fitness operated 71 centers in 16 states, including Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Maryland, Michigan, Minnesota, Nebraska, North Carolina, Ohio, Texas, Utah and Virginia. The Company also operated one satellite facility and five preview locations in existing and new markets. Life Time Fitness is headquartered in Chanhassen, Minnesota, and can be located on the Web at www.lifetimefitness.com. LIFE TIME

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