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Complimentary Mindful May Meditation Program Launches on Life Time App During National Mental Health Month

Practicing mindfulness can help reduce stress and anxiety, while improving attention and sleep ([Mayo Clinic](#))

CHANHASSEN, Minn., April 30, 2025 /PRNewswire/ -- Life Time (NYSE: LTH) is making it easier than ever to prioritize mindfulness during National Mental Health Month with the debut of its first-ever **Mindful May** program, dropping May 4 on the complimentary [Life Time app](#). The program aims to be a valuable resource at a time when [75% of Americans](#) report experiencing physical or mental symptoms from stress.

Designed by Life Time's wellness experts to help individuals create a daily, sustainable mindfulness habit, the program delivers guided, five-minute meditation sessions throughout the month easily accessed on the app. With a focus on five core wellness themes: **Meditation, breath work, improving sleep, movement, and purpose/mindset**, participants can explore practices that seamlessly fit into a busy lifestyle. The program also prompts users to make a post-session in-app journal entry to reinforce the benefits of mindfulness.

"In today's fast paced, hyperconnected world, many are overwhelmed by chronic stress and emotional burnout, struggling to find accessible mindfulness practices that resonate," said Jessie Syfko, Vice President of Group Training and Studio Classes at Life Time. "Our complimentary Mindful May program is a powerful, approachable way to incorporate meditation into our daily lives, no matter your schedule or experience level."

Mindful May is part of Life Time's broader commitment to supporting holistic health through its complimentary app. Available to all users, it offers a wide range of tools and resources to build healthier routines, including:

- **Access to Classes:** Choose from hundreds of on-demand classes and livestream classes ranging from five to 60 minutes, led by top Life Time instructors.
- **Custom Health Programs:** Access step-by-step, trackable programs, including Glute Camp, 6-Week Shred, Fit & Focused, D.TOX, and a 12-Week half marathon training plan.
- **Healthy Content:** Explore thousands of editorial articles from *Experience Life* magazine, recipes, product recommendations, podcasts, and pickleball training videos.
- **Life Time's AI Companion L.AI.C:** L.AI.C is being trained in all aspects of Life Time's athletic country clubs, programs and services to quickly assist members with personalized content and recommendations that enhance their experiences and help them save time. Currently available for club members and coming soon for all users of the Life Time app.

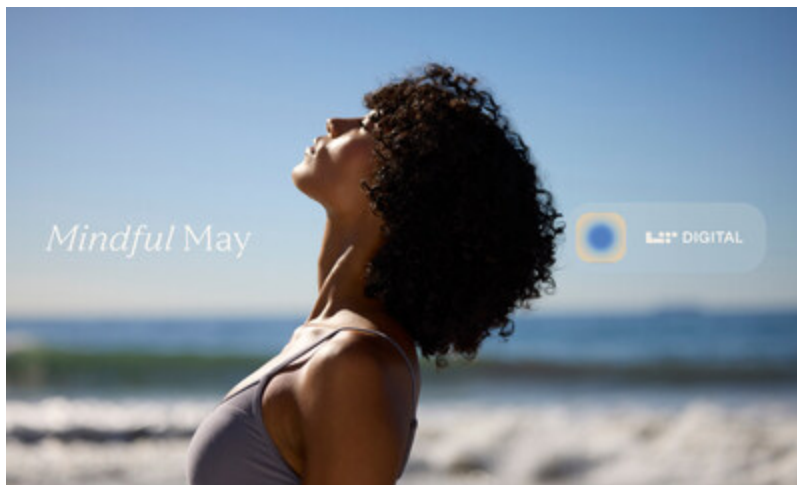
Users can also purchase Life Time's trusted, proprietary LTH supplement line and other wellness essentials directly through the LT Shop on the Life Time app. The LT Shop has protein, creatine, vitamins, fish oil and more for sale, along with apparel, recovery tools and other products.

The Life Time Digital app is available to download in the Apple and Google App Stores. For more information, visit www.lifetime.life/digital-app.

Follow along at [LifeTime.Life](https://www.facebook.com/LifeTime.Life) on Facebook and on Instagram at [@LifeTime.Life](https://www.instagram.com/LifeTime.Life) and on [LinkedIn](https://www.linkedin.com/company/lifetime).

About Life Time

Life Time (NYSE: LTH) empowers people to live healthy, happy lives through its portfolio of more than 180 athletic country clubs across the United States and Canada, the complimentary, comprehensive Life Time app and nearly 30 of the most iconic athletic events in the country. The health and wellness pioneer uniquely serves people 90 days to 90+ years old through its healthy living, healthy aging, healthy entertainment communities and ecosystem, along with a range of healthy way of life programs and information, and the most trusted LTH nutritional supplements and products. Life Time was recently certified as a Great Place to Work®, reinforcing its commitment to fostering an exceptional workplace culture on behalf of its more than 42,000 dedicated team members.



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