

Health and Fitness Triumphs Serve as Powerful Inspiration for the Masses

Life Time's myStory chronicles stories of member achievement

CHANHASSEN, Minn.--(BUSINESS WIRE)-- With 65 percent, or a staggering 200 million, Americans overweight and nearly one-in-three clinically obese, Life Time Fitness (NYSE:LTM), the Healthy Way of Life Company, sought to provide a source of motivation and inspiration by recognizing incredible stories of achievement and success.

Launched in June, Life Time's myStory showcases real-life weight loss and fitness success stories—from the road blocks to the triumphs—and motivates others to achieve their own personal health and fitness goals.

"We've found that people aren't inspired by a doctor or a nutrition coach alone speaking with them, they are inspired by others in their exact situation who overcame hurdles to achieve weight loss and fitness success," said Mark Thom, senior vice president of Fitness and Nutrition Services, Life Time Fitness. "People need guidance and someone they can relate to. That's why we introduced myStory. We want to demonstrate to others how people just like them, leading a healthy way of life, can do to impact their waistline and their wellbeing."

Highlights among hundreds of myStory submissions include:

- [Stephanie Roehm, \(Columbus, Ohio\)](#): Battling with an eating disorder since the age of 16, Stephanie long struggled establishing a healthy self image. After the birth of her second child, Stephanie felt paralyzed during one of the happiest times of her life and was the lowest she ever thought she could feel. Knowing she had to make a change, Stephanie lost nearly 130 pounds in only 10 months.
- [Erin Kurzeja, \(Florham Park, New Jersey\)](#): Erin cannot remember a time in her life when she was not overweight. Years of childhood and adolescent teasing, judgmental looks from strangers, even flippant or unintentionally mean comments from friends and family were part of her daily life for more than 25 years. After trying hundreds of diets and weight loss programs that never stuck for longer than a few months, Erin decided 3 years ago she was tired of being limited by her size. More than 177 pounds lighter, Erin is now a Certified Personal Trainer helping change someone else's life for the better.
- [Sara Young, \(Canton, Ohio\)](#): Sara credits being diagnosed with Type I Diabetes at the age of 12 as the start of uncontrolled sugar levels and a lifetime of weight issues. Stuck in a vicious cycle of self-destruction, year-by-year she watched her weight slowly creep up until the number of her medications for cholesterol, blood pressure, diabetes and thyroid issues was astronomical. Having lost over 130 pounds, Sara dropped nine clothing sizes, and reduced her seven medications down to one—only for diabetes.
- [Frank Manuguerra \(Dublin, Ohio\)](#): As a kid, Frank was always fairly thin and didn't

notice the beginning of his eight-year battle with being overweight until he gained more than 100 pounds over his college career. Upset about his weight gain, he was discouraged by countless failed attempts to shed pounds through fad diets. Faced with the gruesome results after a physical examination, Frank signed up for Life Time's 90 Day Weight Loss Competition and shed a total of 64 pounds, or 23 percent of his body weight.

To view these myStory submissions and many more, visit
<http://lifetimefitness.mylt.com/community/mystory>.

About Life Time Fitness, Inc.

As the Healthy Way of Life Company, Life Time Fitness (NYSE: LTM) delivers the certified professionals, comprehensive businesses and incredible destinations that help people positively change their lives every day. The Company's healthy way of life approach enables its customers to achieve their health 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. As of September 8, the Company operated 92 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETICSM brands primarily in suburban locations in 21 states and 26 major markets. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Life Time Fitness
Karen Jayne Leinberger, 952-229-7162
kleinberger@lifetimefitness.com

Source: Life Time Fitness