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Life Time Launches Complimentary Ultimate Protein Reset in Celebration of National Protein Day and to Kick Off National Nutrition Month

Expert-led 30-day program launches March 3 on the free Life Time app, featuring education, planning and recipes.

CHANHASSEN, Minn., Feb. 24, 2025 /PRNewswire/ -- In celebration of National Protein Day on February 27th and as National Nutrition Month kicks off on March 1, Life Time (NYSE: LTH) is inviting everyone to participate in a complimentary **Ultimate Protein Reset**, a 30-day program designed to help individuals of all fitness levels achieve their ideal protein goals with ease. More people are recognizing the role of protein in their daily lives—not just for muscle building, but for sustained energy, recovery, and overall well-being.



The program begins March 3 and is available via the complimentary [Life Time app](#). Participants will have access to Life Time's dietitian team for answers to nutrition questions, weekly live education sessions and motivation. Meal ideas and a shopping list to build a protein-packed routine that fuels muscle, boosts energy, and promotes satiety also will be offered.

"The Ultimate Protein Reset is designed to take the guesswork out of protein intake and help people fuel their bodies effectively," said Anika Christ, Registered Dietitian and Senior Director of LTH Supplements at Life Time. "Protein is an essential macronutrient for muscle recovery, aiding metabolism and promoting satiety. Many people struggle to consume enough of it daily and there are now safe, effective and great tasting options to achieve this."

Life Time itself offers a variety of LTH proteins as convenient, high-quality options to help anyone hit their nutritional goals.

- [LTH Build Whey+All-In-One](#) (Chocolate, Vanilla, Frosted Oatmeal Cookie): 30 grams of protein with activated, metabolism-supporting vitamins and minerals.
- [LTH Whey Protein](#) (Chocolate, Vanilla, Strawberries & Cream): Grass-Fed Whey provides the highest quality protein with higher immunoglobulin content to support immune system and liver health. As a longtime supplement staple, it's a research-backed way to boost protein intake with 20g to support lean muscle, exercise recovery, immune health and blood sugar regulation.
- [LTH Flex Whey Protein Isolate](#) (Chocolate, Vanilla) – As a low-carb, low-fat option, this is the athlete-favorite protein option for performance and physique with 20g of protein. Free of added sugar and artificial colors and flavors, the isolate makes it an alternative for those who want a high-quality whey protein but have trouble digesting whey concentrate.
- [LTH Fuel Vegan+All-In-One](#) (Chocolate, Vanilla, Coffee) – A plant-based, 30g protein meal supplement. Formulated from pea, chia and chlorella proteins plus additional vitamins, minerals, fiber, probiotics and digestive enzymes.
- [LTH Vital Vegan Protein](#) (Chocolate, Vanilla, Raspberry Lemon Cake) – Formulated from pea protein to provide a non-dairy, non-soy, plant-based source of protein that includes all the essential and branched-chain amino acids to support lean body mass and a healthy immune system. As a gut-friendly protein powder, it mixes easily into water and holds up well in your favorite foods for a 20g protein boost.
- [LTH Prime Collagen Powder](#) (Chocolate, Cinnamon Roll, Unflavored, Vanilla) - Pure hydrolyzed collagen peptides sourced from grass-fed and pasture raised cows. It's formulated to support a healthy digestive system, hair, skin and joints.
- [LTH Rewind Collagen Elixir](#) (Berry Sorbet) - A daily shot of Rewind Collagen Elixir contains the perfect ingredients designed to target the health of your skin, hair, bones and joints from the inside-out.

Signing up for the Ultimate Protein Reset is easy simply by downloading the [Life Time app](#). LTH protein powders are available for purchase on the [LT Shop website](#).

In addition to protein powders, Life Time offers an expansive [line of LTH supplements](#) featuring more than 50 products, including multi- and other vitamins, fish oil, protein, colostrum, electrolytes, greens and much more. Life Time has established LTH as one of the most safe, effective and trusted brands for supplements and nutrition.

For more information about Life Time, visit www.lifetime.life or follow on social media at [Facebook](#), [Instagram](#) and [LinkedIn](#). [LTH is also on Instagram](#) featuring education, experts and recipes.

About Life Time

Life Time (NYSE: [LTH](#)) empowers people to live healthy, happy lives through its portfolio of more than 175 athletic country clubs across the United States and Canada. The health and wellness pioneer also delivers a range of healthy way of life programs and information, and the best curated products and LTH nutritional supplements via its complimentary Life Time Digital app. The Company's healthy living, healthy aging, healthy entertainment communities and ecosystem serve people 90 days to 90+ years old and is supported by a team of more than 41,000 dedicated professionals. In addition to delivering the best programs and experiences through its clubs, Life Time owns and produces nearly 30 of the most iconic athletic events in the country.

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