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"Healthy Revolution" Comes to Huffington Post

CHANHASSEN, Minn.--(BUSINESS WIRE)-- Pilar Gerasimo, founding editor of [Experience Life](#) magazine, is now bringing fresh ideas for healthy living to the [Huffington Post](#)'s 25 million readers.

Featured in the Huffington Post's popular "Healthy Living" section, Gerasimo's new "[Revolutionary Acts](#)" blog presents creative, convention-busting strategies for enjoying a healthier, happier, more rewarding way of life. Early posts encourage readers to "Exchange Willpower for Willingness," "Eliminate Annoyances," and "Reclaim Your Mornings."

In addition to offering up her own insights and perspectives, Gerasimo brings a decade's worth of journalistic research and resources gleaned from her work at [Experience Life](#). Like the magazine (which bears the tag line "Being Healthy Is a Revolutionary Act"), Gerasimo's blog aims to empower people to make the most of their time and energy, to enhance their well-being, and to live more vibrant, authentically rewarding lives.

Gerasimo's "Revolutionary Acts" blog series for the Huffington Post is a complement to Experience Life's new spin-off microsite, [RevolutionaryAct.com](#). The ad-free site -- which offers Gerasimo's Manifesto for Thriving in a Mixed-Up World, "[101 Revolutionary Ways to Be Healthy](#)" and dozens of recommended resources in categories ranging from healthy eating to balanced living -- encourages people to embrace vitality-supporting choices, rather than embrace conventional patterns that lead to obesity, stress, depression and chronic disease.

Like Gerasimo's other media projects, her new HuffPo blog is focused on providing a progressive source of inspiration, advice and support for those seeking a healthier, more sustainable way of life.

"Like it or not, we live in a culture that often makes unhealthy choices easier than healthy ones," says Gerasimo. "The majority of American adults take at least one pharmaceutical drug each day. Most of us are destined to suffer from depression and chronic disease during our lifetime. In a culture like this, choosing to be healthy and happy really does amount to a revolutionary act. It requires unconventional, often inconvenient choices, and questioning whether what passes for 'normal' is right for you. My whole purpose in doing this blog is to support people in finding a better way -- a healthy, happy way of living that works for them."

Find Gerasimo's Revolutionary Act blog posts at [HuffingtonPost.com](#). The July/August issue of [Experience Life](#) hits select newsstands June 21.

About Experience Life

Founded in 2001, Experience Life is an award-winning, healthy-lifestyle magazine committed to helping its readers improve their health and fitness while enjoying more satisfying, authentic and meaningful lives. It covers a wide variety of quality-of-life topics, including

health and nutrition, fitness and athletics, personal wisdom, stress management, sustainable lifestyle, active adventures, and more. Published 10 times a year, Experience Life is available by subscription and on select newsstands nationwide, including many Whole Foods Markets and Barnes & Noble stores. It currently enjoys a circulation of more than 630,000, with an MRI-estimated reach of 2.8 million. For more information about Experience Life, including current and archived content, please visit ExperienceLife.com.

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 June 7, 2011, the Company operated 92 centers under the LIFE TIME FITNESS^(R) 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.

Source: Life Time Fitness, Inc.