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Life Time Fitness Delivers Comprehensive Alternative to Traditional, Participation-Based Wellness Programs

myHealthCheck supports measurable change for employees with the ultimate goal of reducing health care costs for employers

CHANHASSEN, Minn.--(BUSINESS WIRE)-- As companies look for effective ways to reduce escalating health care costs while supporting measurable change with their employees, Life Time Fitness, Inc. (NYSE:LTM), the Healthy Way of Life Company, aims to help companies lower costs for the employee, employer and insurer. myHealthCheck offers a comprehensive health assessment that identifies risk factors, promotes ongoing guidance with wellness coaches and a 12-month reassessment to measure progress against the plan.

Unlike traditional self-reported risk assessments, myHealthCheck assesses employees' health and wellness, fitness level and lifestyle, through blood work, metabolic testing and wellness coaching, while providing each individual with a personalized health profile to set personalized goals and measure progress. Users can track their exercise, nutrition, weight loss and more through their personal myHealthCheck online dashboard. Additionally, each myHealthCheck participant can participate in wellness coaching sessions and receives ongoing guidance from Life Time health and nutrition professionals. At 12 months, a new wellness assessment is completed to gauge the employee's progress.

The importance of a comprehensive, measurable wellness program like myHealthCheck is critically important given the cost that may be incurred by employers with a less healthy workforce:

- The average health care cost to employers is $10,730 per employee per year.
- The average annual "sick day" cost to employers is $602 per employee.
- "Presenteeism" is equally costly as employees impact productivity while at the workplace.
- Corporations that focus on real risk factor reduction save an average of $3,540 in health care expenses per employee per year.

"We believe myHealthCheck is the solution to transform America's ever increasing sedentary workforce into a healthy, productive population," says Jess Elmquist, senior vice president of Corporate Health at Life Time. "Companies need only focus on the bottom line to recognize they must play an active role in their employees' health. myHealthCheck brings tools necessary to combat employee health risks and rising employer health care costs."

Life Time's myHealthCheck program is led by trained technicians and wellness coach professionals who assist each employee with their wellness profile in a mobile LifeLab at their corporate work place or at Life Time centers. Employees are provided with an online

dashboard to track their nutrition and exercise. The myHealthCheck team remains available to each employee to provide ongoing support by answering questions and providing online coaching.

"We provide a results-based program that focuses on results of action taken, not just on participation in a program," says Elmquist. "As opposed to relying on employee participation as the sole measure of success, we aim to help companies and their employees realize measurable progress in creating a healthier, more productive workforce."

To learn more about myHealthCheck visit https://lifetimefitness.mylt.com/myhealthcheck.

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 March 3, 2011, the Company operated 90 centers under the LIFE TIME FITNESS(R) and LIFE TIME ATHLETIC℠ brands primarily in suburban locations in 20 states and 24 major markets. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

Source: Life Time Fitness, Inc.