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Kansas City Man Loses Nearly 150 Pounds Following Diabetes Diagnosis

Nutrition, personal training and accountability keys to success

KANSAS CITY, Kan.--(BUSINESS WIRE)-- 37-year-old Kansas City resident, Chris Dorrell, has struggled with his weight for as long as he can remember. But he wasn't committed to making a change. In April 2012, he weighed 434 pounds, wore a 6-7X shirt and 60-62-inch pants. He didn't care about his weight stating, "I figured I would just be fat and there was nothing I could do about it."

Kansas City resident Chris Dorrell before his more than 100 pound weight loss.

Even a diabetes diagnosis in April of 2014 didn't surprise him. To make matters worse, after realizing the increased medical costs as a result of his diabetes, Chris decided to cancel his health club membership in order to cover the mounting health care expenses, rather than using his membership proactively to get healthy.

On the day Chris and his wife Sally went in to Life Time Fitness in Lenexa, KS to cancel their membership, general manager Eric Blick knew he had to help him get back on the path to living a healthy way of life. That day, Eric committed to assist Chris in his battle to lose weight by providing him certainty versus chance, allowing him to become more proactive in his health and gain control of his diabetes. "That day saved and changed my life," said Chris.

Chris began meeting with a team of Life Time experts to change his lifestyle and reverse the habits he'd developed over the years. He worked with a nutritionist who provided nutritional guidance based on scientific metabolic testing, and the encouragement he needed to persevere as he overhauled his diet and learned to think differently about food. Additionally, through the help of a personal trainer, Chris was able to focus his internal health by taking an Active Metabolic Profile to help him understand how his metabolism works through heart rate training and proper exercise. The results showed Chris his own unique heart rate training zones in order to burn the most fat and lose weight. He also enrolled in the 90-Day Challenge, a Life Time competition that provides all of the tools needed to succeed in a weight-loss journey, for added motivation and support.

In a short five months, Chris has dropped more than 100 pounds, most recently weighing in at 290 pounds. He also recently completed a 150 mile bike race and is committed to losing an additional 80 pounds. Today, Chris is wearing a size 2x shirt and size 48 pants, and walks the equivalent of a 5k daily at work, all while continuing to work out at Life Time each night. "I am not done yet," Chris says. "I feel better about myself and I know that Life Time Fitness has prolonged my life and given me my life back."

For more information, visit a Life Time destination near you or facebook.com/lifetimefitness.

About Life Time Fitness, Inc.

As The Healthy Way of Life Company, Life Time Fitness (NYSE:LTM) helps organizations, communities and individuals achieve their total health objectives, athletic aspirations 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, most of which operate 24 hours a day, seven days a week. The Company's Healthy Way of Life approach enables members to achieve this by providing the best programs, people and places of uncompromising quality and value. As of Oct. 15, 2014, the Company operated 112 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC® brands in the United States and Canada. Additional information about Life Time centers, programs and services is available at lifetimefitness.com.

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