

December 16, 2013



# Thousands of Nashville Residents to Commit to Live Healthier, More Active Lives in 2014 at Commitment Day 5K Fun Walk/Run

Life Time Fitness (NYSE:LTM):

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**WHAT:** Thousands will lace up their sneakers in Nashville on January 1, declaring their commitments to living healthy, active lives in 2014 as part of a 35 city Commitment Day 5K fun walk/run event.

[Commitment Day](#), a broad social movement created by [Life Time – The Healthy Way of Life Company](#) in 2013, will kick off its second year with tens of thousands across the nation committing to healthy eating, exercise, family, respect, giving and a healthy planet in 2014.

Commitment Day Nashville benefits the [Monroe Carell Jr. Children’s Hospital at Vanderbilt](#), a freestanding hospital dedicated to serving only children with national recognition as a leading provider of pediatric health care services. Experts treat and work to prevent all health issues ranging from common childhood conditions to serious, advanced diseases.

For more information or to register, visit [commitmentday.com/nashville/](http://commitmentday.com/nashville/).

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**WHEN:** January 1, 2014  
10 a.m.

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**WHERE:** Commitment Day Nashville

The 3.1-mile course starts on the Vanderbilt University campus in front of Dudley Field (Jess Neely Drive). Participants travel through a portion of the Vanderbilt Campus before heading out onto 31st Avenue North, then pass through the Belmont/Hillsboro Village area via Magnolia Blvd. and Fairfax Avenue, continuing along 24th Ave. passing Fannie Mia Dees Park before returning to the Vanderbilt Campus and the finish line on Jess Neely Drive.

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**STORY IDEAS:** Story angles leading up to Commitment Day include:

- Human interest – connect with us to learn more about how people in your community have committed to losing hundreds of pounds, overcoming MS, combating autism and more.
- Couch to 5K – a healthier life starts with a single step in the right direction
- How to prep for Commitment Day
- How to make and keep a New Year’s Commitment
- New Year, New You

Story angles day-of include:

- Thousands in the community toeing the start line to a healthier life
- Human interest – inspiring stories from Jan.1 5K walk/run event participants
- Starting new traditions for you and your family
- Most common New Year’s Commitments – poll the crowd to hear what people are committing to in 2014
- New Year, New You

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