

Folds Of Honor Named Founding Charity Partner Of Commitment Day Movement

Launching with Simultaneous Walk/Run Events in 30 Major US Cities on January 1, Inaugural Movement to Unite Americans with Commitment to Healthy, Active Lives Year Round

CHANHASSEN, Minn.--(BUSINESS WIRE)--Life Time Fitness, Inc, The Healthy Way of Life Company (NYSE:LTM), today announced that the Folds of Honor Foundation has joined the Commitment Day Movement as a Founding Charity Partner.

Founded in 2007 by Major Dan Rooney, the Folds of Honor Foundation is devoted to providing support to the spouses and children of soldiers killed or disabled in service to our country by providing them with educational scholarships. To date, the Folds of Honor Foundation, a 501(c)(3) charitable organization, has provided more than 3,600 educational scholarships to military families nationwide.

In keeping with its commitment to health and human services, the Folds of Honor Foundation has joined with other Founding Charities, Corporate Partners and Ambassadors to raise awareness of Commitment Day, a 365-day movement designed to unite all Americans in making personal commitments to a healthier way of life. On January 1, 2013, hundreds of thousands of Americans will kick off the movement by participating in simultaneous 5K-walk/run events spanning 30 cities, symbolizing their stance and personal responsibility to make America healthier.

All Commitment Day registrants are invited to support Folds of Honor and the other Founding Charity Partners by making a donation in addition to their event registration fee or engaging in supplementary fundraising activities. Founding Charity Partners also will receive recognition and support in connection with the Commitment Day 365 movement during 2012 and 2013.

"With their unwavering commitment to the health and well being of military families, we are honored to have Major Dan Rooney and our friends at Folds of Honor join the Commitment Day Movement," said Bahram Akradi, Chairman, President, CEO and Founder of Life Time. "The health of America is one of the most crucial issues facing our country with controllable diseases out of control and cardiovascular disease at an all-time high. Furthermore, the weight and obesity epidemic now affects two-thirds of U.S. adults and the crippling financial burden of poor health affects us all. There is a solution and it starts with a commitment to healthy eating, exercise, family, giving, personal responsibility, and a healthy planet. Together with the Folds of Honor Foundation and our other distinguished partners, we can change America for the better."

"The Folds of Honor mission is rooted in ensuring no family is left behind in the fight to preserve America's freedom," said Major Dan Rooney, Folds of Honor founder. "From the beginning, our goal has been to rally around the families of the fallen and disabled, while encouraging others in our communities to do the same. In similar spirit, I believe we all hold personal responsibility to join together in inspiring a sustainable, healthy America that promotes the health and well being of all our nation's families."

With the launch of the Commitment Day Movement, all Americans are invited to share their personal pledges toward better health and wellness, and to become Commitment Day Founding Members at CommitmentDay.com. Commitment Day events will occur simultaneously (11:00 a.m. ET, 10:00 a.m. CT, 9:00 a.m. MT and 8:00 a.m. PT) on January 1, 2013, in several cities, including:

Atlanta	Indianapolis	Philadelphia
Austin	Kansas City	Phoenix
Chicago	Las Vegas	Raleigh
		Durham
Cincinnati	Los Angeles	Salt Lake City
Cleveland	Memphis	San Antonio
Columbus	Miami	Seattle
Dallas	Minneapolis	St. Louis
Denver	New Orleans	Tulsa
Detroit	New York	Washington
	City	DC
Houston	Omaha	

For additional information about Commitment Day 2013, please visit CommitmentDay.com.

About Folds of Honor Foundation

The Folds of Honor Foundation was founded in 2007 by Major Dan Rooney, a former F-16 pilot, golf course owner, PGA Professional and USGA member. A Major in the Air National Guard and a decorated military aviator, Rooney has served three combat tours in Iraq. After

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returning from his second tour, Major Rooney witnessed a profound situation that drove him to create the Folds of Honor Foundation. Over 700,000 soldiers have been killed or disabled in the military operations in Iraq and Afghanistan – Iraqi Freedom, Enduring Freedom, and Operation New Dawn. These service members' families exceed the national average of 2.5 dependents per household. As of January 1, 2012, over one million dependents have been adversely affected by multiple deployments to Iraq and Afghanistan. More than 87% of the dependents affected by the recent wars do not qualify for federal scholarship assistance. While the federal government provides some support for these families, it cannot succeed alone without proactive civilian organizations to assist.

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 customers to achieve this by providing the best programs, people and places of uncompromising quality and value. As of November 28, 2012, the Company operated 105 centers under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC(SM) 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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