

Say 'Namaste' To Your Healthy Way Of Life

Life Time Hosts 30-Day Commitment to Yoga to Keep America Focused on Health and Fitness Goals in the New Year

CHANHASSEN, Minn.--(BUSINESS WIRE)--The finish line was only the beginning for the tens of thousands who participated in [Commitment Day](#) on Jan. 1 and made a commitment to the healthy way of life. To help people get off the roller coaster of failed resolutions and succeed in their commitments, [Life Time – The Healthy Way of Life Company](#)SM (NYSE: [LTM](#)) is challenging America to commit to 30 consecutive days of yoga as part of the 30-Day Commitment to Yoga beginning today, Jan. 15.

The 30-Day Commitment to Yoga invites people of all ages and fitness abilities to participate in yoga for 30 straight days. Life Time members are invited to a variety of daily yoga classes at their local Life Time [destinations](#), while non-members are encouraged to participate in nearby yoga classes or at home. Accountability through in-club or at-home tracking is key to keeping participants on the road to success.

The practice of yoga provides excellent health benefits, including: decreased stress and anxiety levels, decreased overall body soreness and pain, improved sleep, increased levels of the brain chemical GABA (which is connected with feelings of happiness), improved total body awareness, improved muscle tone from head to toe, and increased flexibility. Various practices also include cardio components which increase weight loss potential and improve blood pressure and heart rate.

Members who wish to take the 30-Day Commitment to Yoga further can also participate in the 21-day Evolve Cleanse beginning Jan. 20. The Evolve Cleanse involves removing caffeine, sugar, alcohol, gluten and animal products from the diet. The cleanse is available to members only at a cost of \$100, which includes four workshop sessions for added coaching and assistance.

For more information about the 30-Day Commitment to Yoga, the Evolve Cleanse or Life Time Fitness, check out a club near you or visit www.lifetimefitness.com.

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 January 15, 2013, 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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