

## Life Time Aims To Log 20,000 Miles On National Running Day – June 5, 2013

### Members and non-members, runners and non-runners alike invited to participate

CHANHASSEN, Minn.--(BUSINESS WIRE)--More than 50 million Americans lace up their sneakers and run each year. Some 28 million of those run 50 days or more throughout the year according to the Sporting Goods Manufacturers Association.

On June 5, Life Time – The Healthy Way of Life Company<sup>SM</sup> (NYSE: LTM) is inviting runners and non-runners alike to hit the pavement or a treadmill and celebrate National Running Day, held annually on the first Wednesday in June. For its part, Life Time is setting out to log 20,000 miles in a single day—the equivalent of running across the United States from coast to coast 6.5 times.

Life Time Run, the nation's premiere run club, is hosting free, fun social runs at Life Time destinations across the country at which miles will be tracked and tabulated as part of reaching the 20,000 mile goal.

Whether people choose to run one mile or more, participants will be a part of a history-making effort on June 5. Non-Life Time members who participate in a social run will receive a free day-pass with access to the Life Time of their choice to continue their workout after the run or celebrate with the group. For those who'd rather participate on their own, Life Time Run is encouraging people to track their miles socially on Facebook, Twitter and Instagram by:

- Commenting underneath the National Running Day posts with mileage completed that day on either the Life Time Run or Life Time Fitness national Facebook pages, or
- Tweeting their mileage completed on National Running Day using the hashtags #lifetimerun, #nationalrunningday and #lifetimefitness, or
- Instagramming photos of mileage completed that day using the hashtags #lifetimerun, #nationalrunningday and #lifetimefitness.

"Running is a universal sport and an easy way for people of all shapes and sizes to lead a healthy, active way of life," says Duane Birchem, director of Life Time Run at Life Time Fitness. "At Life Time Run, it is our goal to fulfill passions and inspire new interests by providing the best in class people, programs and places to runners across the county."

Total miles logged will be reported at Life Time clubs and via the company's social media properties with the final number reported on Thursday, June 6.

Life Time Run, the fastest growing running organization in the country, has more than 18,000 runners actively participating in its monthly programs and offers social run programs, group training as well as customized training and coaching.

For additional information on Life Time Run social runs and times on National Running Day, visit [http://lifetimerun.com/Sub\\_Social/NRD](http://lifetimerun.com/Sub_Social/NRD).

#### 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 June 4, 2013, the Company operated 106 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](http://lifetimefitness.com).

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