

<https://stage.mediaroom.com/lifetimefitness/2013-11-18-life-time-run-offers-5k-training-for-january-1-commitment-day-participants-friends-and-family?forPDF=1>

Life Time Run Offers 5K Training For January 1 Commitment Day Participants, Friends And Family

Start 2014 off on the right foot by preparing for the first 5K walk/run of the year

CHANHASSEN, Minn.--(BUSINESS WIRE)--On January 1 across 38 cities nationwide, tens of thousands will commit to leading healthy, active lives in 2014 and beyond by participating in the second annual [Commitment Day 5K](#) fun walk/run produced by [Life Time - The Healthy Way of Life Company](#)SM (NYSE: LTM).

To help everyone get started on the right foot—literally. [Life Time Run](#), one of the nation's largest run clubs, is offering everyone—you don't have to be a Life Time member to participate—the opportunity to kick off their commitment by registering for [Commitment Day 5K Group Training](#). The Commitment Day training program is an achievable 5K training plan with the support of a group for only \$3.10 (plus applicable tax) — the mileage equivalent of a 5K.

"Walking or running is a sport most everyone can do, but a 5K can be intimidating for many people," says Duane Bircham, director of Life Time Run at Life Time Fitness. "5Ks are completely achievable when you bring in realistic goals and train with certified coaches. Through this program, our goal is to help everyone complete the Commitment Day 5K on January 1 as the start to leading a healthier, active life in 2014."

Life Time Run's Commitment Day 5K Group Training program offers Commitment Day participants, friends and family best-in-class training led by certified Life Time Run Coaches. Each group training program occurs twice-weekly, providing participants with up to 16 training sessions plus weekly running educational seminars to help them reach their personal healthy way of life goals through running.

Commitment Day 5K Group Training programs are underway across 16 states and more than 60 Life Time Fitness and Life Time Athletic destinations nationwide. Space is limited to 200 participants at each location.

To register or find more information about Life Time Run's Commitment Day 5K Group Training program visit www.lifetimerun.com/cd5K or <http://www.facebook.com/lifetimerunclub>. For more information about Commitment Day, or to register for a January 1 fun walk/run near you, visit www.commitmentday.com. Like Commitment Day on Facebook at www.facebook.com/commitmentday and follow the movement on Twitter at www.twitter.com/commitmentday.

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 Nov. 18, 2013, the Company operated 108 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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