

Life Time Kids Tri Registration Open Today, Feb. 3

Multisport event for kids promotes fitness and improves children's self confidence; Register at ltkidstri.com

CHANHASSEN, Minn.--(BUSINESS WIRE)--The sport of triathlon isn't just for adults anymore. In fact, in 2013, the [Life Time Kids Tri](#), produced and presented by [Life Time - The Healthy Way of Life Company](#)SM (NYSE:LTM), had a record-breaking year with more than 4,000 young triathletes swimming, biking and running their way to healthier, more active lives. Registration for the 2014 Life Time Kids Tri events opens today, February 3, with another expected sell-out year in the following cities:

- [Winona, Minn.](#) - June 7
- [Plymouth, Minn.](#) - July 13
- [Loudoun County, Va.](#) - Aug. 3
- [Chicago, Ill.](#) - Aug. 23
- [Warrenville, Ill.](#) - Sept. 14

"Our Life Time Kids Tri events rival the largest youth triathlons nationwide and offer a great, and safe, introduction into the sport," says Mary Kunz, brand manager for Life Time Kids Tri. "It's a wonderful way to encourage kids to develop a passion for living a healthy way of life and improve self confidence."

Life Time Kids Tri events are designed for youth ages 5-14 who swim, bike and run in the 3-event race. Young triathletes will start in waves based on age and gender. All participants will receive a Life Time Kids Tri finisher medal after crossing the finish line. Awards will be given to the top three finishers in each category.

In an effort to raise awareness for what is in the food we eat, the Life Time Kids Tri Series has partnered with the [Life Time Foundation](#) as part of its "Healthy Kids, Healthy Planet" mission. Through an initiative designed to inspire healthier food and increased awareness in our nation's schools, the Life Time Foundation is working hard to remove the "Unsavoury Seven" ingredients in school lunch programs around the country. 100% of every dollar donated to the Life Time Foundation supports its missions. All registrants have the ability to make a donation to support healthier school lunch programs during registration online for any Kids Tri event.

For more information on race locations, time or regulations, please visit www.ltkidstri.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 members to achieve this by providing the best programs, people and places of uncompromising quality and value. As of Feb. 3, 2014, 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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For further information: Life Time Fitness, Inc. Lauren Flinn, 952-229-7776 lflinn@lifetimefitness.com
