

Minnewashta Elementary Students To Enjoy Healthier Lunches This Fall

Life Time Foundation grant to support removal of artificial ingredients from Minnewashta Elementary School meals

CHANHASSEN, Minn.--(BUSINESS WIRE)--The Life Time Foundation, the private operating foundation created by Life Time - The Healthy Way of Life CompanySM (NYSE:LTM), today announced that it will provide support to improve school lunch nutrition delivered to students at [Minnetonka Public Schools' Minnewashta Elementary beginning in Fall 2014](#). Over the last three-years, the Foundation also has partnered with Minnetonka's [Deephaven Elementary](#) to do the same.

"The extension of our Foundation's support to Minnewashta Elementary builds upon the success we already have seen in creating healthier lunches at Deephaven Elementary and 27 other schools in three states," says Jimmy McGuire, director, Life Time Foundation. "Through these partnerships, we are dedicated to driving positive change in current school menus, while developing a healthy and sustainable model that can be adopted by schools and districts nationwide. Ultimately, our aim is to ensure all children are provided a much needed nutritious meal, free of artificial ingredients at school."

Beginning with the 2014-2015 school year, Minnewashta Elementary School will launch a new, healthier menu with the support of the Life Time Foundation. By implementing the Foundation's school lunch program, menus will be free of artificial and highly processed ingredients, including high fructose corn syrup, bleached flour, artificial sweeteners, artificial colors, artificial preservatives, trans fats/hydrogenated oils, hormones and antibiotics in beef, and where possible, hormones and antibiotics in other animal products. In addition to nutritional benefits, studies have also shown that healthier diets associate with higher academic performance.

Cindy Andress, principal of Minnewashta Elementary in Minnetonka, Minn. says, "As educators, my staff and I are thrilled to be involved in a partnership that results in healthier food options to our students. The program has received great feedback at Deephaven over the past several years and parents have already expressed excitement about taking advantage of the healthier offerings at our school starting this fall."

Similar to the Life Time Foundation's partnership with Deephaven Elementary, the grant will cover the cost difference between the school's current food budget and that required of the new, healthier menu. As healthy alternatives are substituted for artificial ingredients, the Foundation also aims to help students receive nutrition education through its Hooray 4 Healthy program. The Hooray 4 Healthy curriculum encourages elementary aged students to choose healthy food and physical activity every day through nutrition education and movement activities. This curriculum was designed by Life Time dietitians in consultation with University of Minnesota Extension Health and Nutrition Educators.

For more information about the Life Time Foundation's school lunch program, visit www.ltfoundation.org or www.facebook.com/lifetimefitnessfoundation. Email schoollunch@lifetimefitness.com to submit a school or district for consideration.

About Life Time Foundation

As the charitable giving component of Life Time, the Life Time Foundation is about inspiring healthy people and a healthy planet one mission at a time. Our current mission is improving children's nutrition - One School Lunch Program at a Time. We're on a mission to ensure every child has a healthy start in life, beginning with proper nutrition and exercise. Unlike many other charitable organizations in which a portion of your donation is consumed by administrative costs, 100% of every dollar donated to the Life Time Foundation supports our missions. That's because all administrative costs are contributed by Life Time Fitness, Inc.

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 April 18, 2014, the Company operated 109 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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