

Four Weight Loss And Body Transformation Stories Win 'Love Your Life' Contest

Life Time, Inc. announced grand prize winners from life-changing stories submitted across the U.S. and Canada

CHANHASSEN, Minn., Sept. 29, 2017 /PRNewswire/ -- Four grand prize winners from Chicago, Dallas, Detroit and Minneapolis metros were announced today in Life Time's 25 Anniversary Campaign, 'Love Your Life', celebrating the company's shared journey with its members – one of growth, transformation and happy, healthy lives. More than 9,000 votes were tallied to choose the grand prize winners from more than 600 submissions from across the U.S. and Canada, showcasing powerful stories of personal growth and positive, healthy life changes.

Grand Prize Winners

Jennine Trefonas

At 340 pounds, Jennine was depressed and avoided social situations. She was uncomfortable being the most obese person in the room. In Feb. 2016 she began her journey with the help of her internist and lost 80 pounds. After unsuccessful attempts at a variety of health clubs, along with increasing anxiety, intimidation and downright fear, in Sept. 2016 she found Life Time in Burr Ridge, Ill., outside of Chicago. There, she met her personal trainer, Wes Giacobbe, and found her personal path to success. Since that time, Jennine's healthy way of life journey has taken her from a size 24 to a 14 and a weight loss totaling more than 140 pounds. "Life Time and Wes have made many of these positive changes possible for me," says Jennine. "A healthy life has become a lifestyle, and my overriding desire is a lifetime of health and happiness."

Prize: a one-year Life Time membership including 12,000 LT BUCK\$ (Life Time's internal currency to spend on anything from LifeSpa services to personal training, tennis lessons, swag and more).

Ginny Gilroy

Ginny found Life Time after years of suffering debilitating pain from a serious car accident. She hadn't exercised in years, due to doctors orders, and it had taken a tremendous toll on her body. After switching doctors, she was encouraged to try to start exercising again and found her way to Life Time in Flower Mound, Texas, outside of Dallas. Within a month, and with the help of her trainer, Beth Allen, she was able to go from standing bent in half to standing upright. "The encouragement of the people at Life Time is amazing! They have become my family and my cheerleaders... I am 55 and living again!" says Ginny.

Prize: an all-expenses paid trip to the Big Game in Minneapolis in February 2018.

Melanie Sullivan

Melanie wishes she could go back and tell her former self, "In six years you will have lots of friends, run marathons and have abs!" but says it was hard to see past that moment, as she sat in a house full of moving boxes, 300 miles away from her friends and family with a crying newborn and a two-year-old with limitless energy. After her third child was born she realized she was gaining weight and that, coupled with a death in the family, had her falling into depression. She knew something needed to change. She signed up for the Life Time Weight Loss/Transformation Challenge at Life Time in Rochester Hills, Mich. (outside of Detroit). There, she met Nutritionist Samantha McKinney and adjusted her diet and supplements. She felt like she was pulled from quicksand, going from a body fat percentage of 38 percent to seven percent (at her leanest). She became a runner and triathlete with the help of Run Coach Morgan Derouin. She went from barely getting out of bed to competing in the Life Time Indoor Triathlon, followed by a 70.3 mile triathlon and a 50K ultramarathon. "Looking back, I'm in awe, at how I have changed into this happy, healthy, multi-sport athlete that loves her life," shares Melanie.

Prize: a trip for four including flights and hotel to see a 2017 Minnesota Timberwolves home game, courtside.

Jackie Kuhns

Three years ago, Jackie weighed 270 pounds. Seeing a photo of herself was the kick she needed to make a change. After joining Life Time in Lakeville, Minn. (outside of Minneapolis), she started her journey to health with small steps—going to Zumba and taking a few yoga classes—before a friend talked her into signing up for a 5K. One race led to another and another and Jackie ran her first marathon in June 2016. She credits "Zumba instructor extraordinaire", Angela Johnson, and Run Coach, Paulette Odenthal, for building her new passion. Jackie says, "I have lost almost 100 pounds since I started this journey, but I have gained so much more. Life Time has been instrumental in helping me become a version of myself I didn't know existed. I will forever be grateful for that."

Prize: 2,500 LT BUCK\$

Top 25 Finalists and Sweepstakes Prizes

In addition to the grand prize winners, 21 additional winners received Top 25 Finalist recognition and were awarded 500 LT BUCK\$. Throughout the contest, 40 sweepstakes prizes of 250 LT BUCK\$ were awarded to contestants, and 20 sweepstakes prizes of 250 LT BUCK\$ will be awarded to those who participate in the voting process.

Learn more about Life Time's Love Your Life contest, and read more about all of the winners and finalists at mylt.com/25.

About Life Time®—Health Way of Life

Life Time champions a healthy and happy life for its members across 127 destinations in 36 major markets in the

U.S. and Canada. As the nation's only Healthy Way of Life brand, Life Time delivers an unmatched athletic resort experience and provides a comprehensive healthy living, healthy aging and healthy entertainment experience that goes well beyond fitness to encompasses the entire spectrum of daily life for individuals, couples and families of all ages.

Life Time destinations across the U.S. and Canada offer distinctive, branded programs and services including: personal and TEAM small group training, weight loss programming, Pilates, studio, cycle and yoga classes, tennis, racquetball and squash, swim programming and Ultimate Hoops basketball. Full-service LifeSpas, LifeCafe, LT Proactive Care Clinic and LifeClinic Chiropractic offices are also located within Life Time. For more information visit www.lifetime.life.

SOURCE Life Time, Inc.

For further information: Amy Williams / 952.229.7721 / AWilliams2@lifetimefitness.com
