

Commit to Fit in 2018 - Register Now for the Commitment Day 5K on January 1

MINNEAPOLIS, Oct. 26, 2017 /[PRNewswire](#)/ -- For the hundreds of thousands who will be looking to get healthy in 2018, they need look no further than Commitment Day, a national 5K event that happens across the U.S. on January 1. Registration for this sixth annual fun run and walk is now open at www.CommitmentDay.com. Life Time®, the nation's only Healthy Way of Life brand, started Commitment Day in 2012 as a national movement to inspire and encourage positive change in the New Year. Since then, hundreds of thousands have participated in making a commitment to better their health, communities and selves.

Experience the interactive Multichannel News Release here:

<https://www.multivu.com/players/English/8200651-commitment-day-5k-life-time-healthy-way/>

The Commitment Day Movement will continue throughout the month of January at Life Time destinations nationwide with a variety of fun, healthy and educational activities to keep people of ages motivated, engaged and driven for positive change.

Commitment Day 5K

Forty Life Time destinations are set to host the Commitment Day 5K on January 1, 2018 at 10 a.m. in their respective time zones. In addition, a virtual 5K is available for those not in a Life Time market, which includes:

Atlanta	Dallas	Indianapolis	Phoenix	Toronto, CA
Birmingham	Denver	Las Vegas	Raleigh/Durham	Tulsa
Boca Raton	Des Moines	Minneapolis	Sacramento	Washington DC
Boston	Detroit	New York City	Salt Lake City	
Chicago	Houston	Orange County	San Antonio	
Columbus	Kansas City	Philadelphia	St. Louis	

Registration and Additional Information

Registration is \$20 through September 30, \$25 in October, \$30 in November, \$35 in December, and \$40 for on-site registration on January 1; kids 12 and under receive complimentary entry.

Registration includes access to the club for the day, participant tee, race bib and brunch social.

Registration and additional information can be found online at www.CommitmentDay.com.

About Life Time®—Healthy Way of Life

Life Time champions a healthy and happy life for its members across 128 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.

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Additional assets available online:  [Video \(1\)](#)  [Photos \(6\)](#)