

1 Million Pound Milestone Set for Life Time's 60day Program

Summer 60day kicks off May 11

CHANHASSEN, Minn., May 10, 2019 /PRNewswire/ -- Since 2010, more than 500,000 Life Time members across the country have lost 975,000 pounds through one of the company's most popular programs, 60day. This summer, the program will hit the one million pounds lost milestone.

60day provides daily support, resources and motivation for anyone looking to jumpstart their goals and live a healthier life. The program takes place four times per year, helping Life Time members across the country achieve their healthy way of life – whether it's to lose weight or gain muscle – through weekly events, personal training and nutrition education.

The program has led to thousands of transformations over the years, like:

- [Kevin S.](#) (Denver, Colo.) – Lost 20 pounds and overcame injury
- [Paul Q.](#) (Cypress, Texas) – Improved his mobility and reduced body fat
- [Marian G.](#) (Dublin, Ohio) – Had an 87.39% change in body fat percentage
- [Carey S.](#) (Lenexa, Kan.) – Lost 28+ pounds, able to plank more than three minutes

"While weight loss and body fat are key markers for success, it's not the only goal for 60day," said Anika Christ, Life Time's Director of Digital Programming, Events and Marketing. It's about a challenge for yourself and a program full of resources to jumpstart your goals."

The 2019 summer 60day kickoff weekend is May 11-13. During this time, participants complete a complimentary initial consultation with a personal trainer to assess their starting point and map out a game plan for success. Brand new to the program this year is an eight week meal plan and grocery shopping list, a complimentary training session and a mid-point program check in. The top performing member earns a personal training prize pack, but everyone walks away a winner.


Life Time's Summer 60day is sponsored by HOKA ONE ONE, LaCroix and Eggland's Best. For more information visit www.lifetime60day.com.

About Life Time® – Healthy Way of Life

Life Time champions a healthy and happy life for its members across 143 destinations in 39 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 encompass the entire spectrum of daily life for individuals, couples and families of all ages.

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