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Reset And Refresh With October "Get Healthy" Issue Of Experience Life

Tips to de-stress, four ways your office may be harming your health, and exercises to strengthen a weak side-butt -- all inside!

ST. PAUL, Minn., Sept. 30, 2016 /PRNewswire/ -- *Experience Life*, the progressive health and fitness magazine and website published by Life Time — The Healthy Way of Life Company, released its October 2016 issue this week; available on newsstands across the country, including Barnes & Noble, at ExperienceLife.com, and in the *Experience Life* mobile app (for Apple and Android devices).

In the "Get Healthy" issue, editor in chief Jamie Martin and the award-winning *Experience Life* team help readers discover ways to dial into their bodies' natural groove and essential cycles so they can move through life with grace, harmony — and optimal health.

Issue highlights include:

On the Cover: Haile Thomas:
This teen chef — who's met with First Lady Michelle Obama six times at just 15 years old — is on a mission to teach the next generation the importance of healthy cooking and eating.

Reset Your Stress
Being on high alert for too long can put you into adrenal overdrive. Learn how to shift from fight-or-flight mode into calmer states that help your body recover. We dive deep into the **7 hidden triggers** of the sympathetic stress response, and give you **3 healthier ways to respond to stress**.

Out of Rhythm
For decades we've been told that endurance exercise is good for the heart. But as more endurance athletes are diagnosed with heart issues, they are learning the hard way that more isn't always better. We unpack the risks, and reveal the **5 things you can do to prevent arrhythmias** .

4 Ways Your Office May Be Harming Your Health
We spend more time working than doing anything else during an average day. While many aspects of the office can be good for us — challenging our minds, collaborating with others —our workspaces might be working against out best efforts to be healthy. We highlight 4 things to watch out for, and what you can do about it!

How-To Exercises for Fixing a Weak Side-Butt
Our experts help you assess if you've neglected that hard to hit side-butt, and provide tips and exercises to strengthen your glutes.

More information on *Experience Life* can be found at experienceLife.com, Facebook.com/ExperienceLifeMag, Twitter.com/experiencelife, and Instagram.com/experiencelifemag. Follow editor in chief Jamie Martin on Instagram @jamiemartinEL.

About *Experience Life* Magazine
Founded in 2001 and published by Life Time — The Healthy Way of Life Company, *Experience Life* is a progressive healthy-living media brand committed to empowering its readers to become their healthiest, happiest, most authentic selves, and supporting their enjoyment of a balanced, sustainable, deeply satisfying way of life. The magazine has a circulation of more than 710,000 and MRI-estimated reach of 3.5 million.

The magazine covers a wide variety of quality-of-life topics, including health and nutrition, fitness and athletics, personal wisdom, stress management, sustainable lifestyle, and active adventure. It is written for a general audience of active, educated, discerning people who are passionate about self-improvement, well-being, and conscious living. The magazine's mantra: "Being Healthy Is a Revolutionary Act."

About Life Time(SM) — The Healthy Way of Life Company
Life Time is a privately held, comprehensive health and lifestyle company that offers a personalized and scientific approach to long-term health and wellness. Through its portfolio of distinctive resort-like destinations and athletic events, The Healthy Way of Life Company helps members achieve their goals every day with the support of a team of dedicated professionals and an array of proprietary health assessments. As of September 30, 2016 the company operates 121 centers in 26 states and 35 major markets under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC® brands in the United States and Canada. Additional information is available at www.lifetimefitness.com.

SOURCE Experience Life

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