

92% Of New Year's Resolutions Fail; Leading Healthy Lifestyle Company Offers An Alternative With Commitment Day

Life Time hosts fifth annual nationwide Commitment Day 5K and first-ever Virtual 5K on Jan. 1; All Life Time clubs in North America open to everyone Dec 30 - Jan. 2 during Commitment Weekend

CHANHASSEN, Minn., Dec. 6, 2016 /PRNewswire/ -- While January 1 is the traditional day millions announce their New Year's Resolutions, research shows only 8% of Americans achieve success. For the fifth year, Life Time, is aiming to help people rethink resolutions and instead make a true, internal commitment to themselves to living a healthy way of life by participating in the [Commitment Day 5K Fun Run and Walk](#). Held at more than 40 Life Time destinations across the U.S. and Canada, Commitment Day empowers individuals, families and communities to start the year on the right foot by marking their pledge with action toward a year of better health. New for 2017, a Virtual 5K is available for anyone in North America to join in. All participants will receive a race bib and commemorative Commitment Day tee shirt. Registration, locations and pricing details are available at www.CommitmentDay.com.

Experience the interactive Multimedia News Release here:

<http://www.multivu.com/players/English/7991951-life-time-commitment-day-virtual-5k-fun-run-walk>

Commitment Weekend kicks off on Friday, Dec. 30 and continues through Monday, Jan. 2, when Life Time will open its doors to everyone – whether a member or not. During each of the four days, Life Time's 122 destinations will feature a variety of health and fitness experiences and activities for all ages. In addition to the 5K Fun Run and Walk on Jan. 1, people can take part in unique-to-Life Time group fitness, indoor cycle and yoga classes such as [Strike](#), [Amp Cycle](#) and [Warrior Sculpt](#), as well as [Alpha Training](#). Life Time's indoor [aquatic centers](#), [basketball courts](#), [rock walls](#) and [tennis](#), [racquetball and squash courts](#) will all be open with club-specific programming to help men, women and kids make their commitment even easier by doing activities they love or trying new things that will inspire them in the coming year.

The motivation continues after Commitment Weekend, when, on Sunday, Jan. 8, more than 75 Life Time destinations are set to host the renowned [Life Time Indoor Triathlon](#). Participants will complete a 10-minute indoor pool swim, a 30-minute bike ride in a cycle studio, and a 20-minute run on a treadmill.

As part of all of the activities, participants are invited to help improve school nutrition by contributing to the [Life Time Foundation](#), the official charity partner of Commitment Day. The Life Time Foundation is on a mission to eliminate the [Harmful 7](#) ingredients from school menus so that every child receives the healthy lunch they deserve. Uniquely, Life Time covers all administrative costs for the public charity, meaning 100 percent of all donations go directly to supporting schools across the nation.

During Commitment Weekend, those interested in becoming members will receive special pricing and incentives to help ensure they achieve their total health objectives, athletic aspirations and fitness goals in the coming year.

Commitment Day 5K Fun Run and Walk - Jan. 1, 2017 at 10:00 a.m.

More than 40 Life Time Fitness and Life Time Athletic destinations are set to host the Commitment Day 5K at 10 a.m. in their respective time zones. Events will be held in the following major metropolitan areas:

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

Registration is \$30 through Dec. 31 and \$35 for on-site registration on Jan 1. Kids 12 and under receive complimentary entry. Registration and market specific information is available at www.CommitmentDay.com.

Indoor Triathlon - Jan. 8, 2017

More than 75 Life Time destinations will host the Indoor Triathlons consisting of a 10-minute swim, a 30-minute bike and a 20-minute run. Indoor Triathlons will be held in the following major metropolitan areas:

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

Registration is \$30. More information is available at www.IndoorTri.com.

About Life TimeSM, The Healthy Way of Life Company

Life Time is a privately held, comprehensive healthy living, healthy aging and healthy entertainment lifestyle company that offers a personalized and scientific approach to long-term health and wellness. Through its portfolio of distinctive resort-like destinations, athletic events and corporate health services, the Healthy Way of Life Company helps members achieve their goals everyday with the support of a team of dedicated professionals and an array of proprietary health assessments. As of December 2016, the company operates 122 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 Life Time Fitness, Inc.

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Additional assets available online: [Video \(2\)](#) [Photos \(3\)](#)