

Your 2018 New Year's Resolution? Don't Make One!

Life Time leads sixth annual nationwide 5K and month-long Commit to Fit movement

CHANHASSEN, Minn., Dec. 14, 2017 /PRNewswire/ -- New Year's resolutions are always the same – get healthy, lose weight, exercise more, eat better, blah, blah, blah... – yet, research shows only 8% of Americans actually achieve success. Why? Most people don't commit to **choosing the right goal, finding the motivation and following through.**

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With that in mind, Life Time, the nation's only Healthy Way of Life brand, suggests everyone to refrain from faulty resolutions and instead make a genuine commitment.

According to Life Time Chief Operating Officer Jeff Zwiefel, "Achieving optimal health requires the right professional coaching, strategy, products and commitment. To be successful, you must regularly assess progress and make adjustments to keep you moving forward," he said.

As 2018 approaches, Zwiefel also offers **three keys to success**:

- **Know it.** Achieving fitness goals is more than just logging hours in a gym. Nutrition, stress, sleep and recovery all play a critical role. Understanding how your body works and what it needs is the first step in **identifying the right goal** to get you where you want to go.
- **Nourish it.** No health- or fitness-related goal can be achieved without properly fueling your body and **understanding what kind of nutrients you need** – and don't need. If you're not sure you're getting the right nourishment in your diet, or what foods don't work for you, it's crucial to meet with a professional who can help you understand how to best nourish your body.
- **Move it.** It comes down to sweat equity. It's easy to pick a number you want to see on the scale, but the amount of effort required to make it happen can be daunting, especially if you're not seeing regular rewards along the way. You need **the right motivation propelling you forward** in order to silence the barriers between you and success.

To start off the New Year on the right foot – literally – Life Time welcomes the public to participate in the sixth annual [Commitment Day 5K](#) on Jan. 1.

Held at 40 Life Time destinations across the U.S. and Canada, Commitment Day is designed to inspire people to start the year with a pledge – and action – toward a year of better health.

Throughout the month of January, Life Time will host the Commit to Fit movement along with special classes and events to further inspire individuals to monitor their commitments.

Life Time's 130 destinations will feature a variety of health and fitness experiences and activities weekly for all ages during the Commit to Fit movement, including Yoga Week, Studio Week, Cycle Week, an Indoor Tri and Training Week. For those interested in becoming members, Life Time will provide special pricing and other incentives to help ensure they achieve their commitments, total health objectives, athletic aspirations and fitness goals in the coming year.

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.

For more information on the Commitment Day 5K, including how to register and locations, visit www.CommitmentDay.com. And, for more details on Commit to Fit events happening in January, visit your local Life Time location.

About Life Time®—Healthy Way of Life

Life Time champions a healthy and happy life for its members across 130 destinations in 37 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. For more information visit www.lifetime.life.

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