



Mark Your Calendar: Life Time Locations in Boston Opening to Everyone from December 28 through January 5 for Commitment Day Celebrations

WHAT

It happens every year – New Year’s Resolutions with local health clubs filling up. But for the eighth year, Life Time has a different take, kicking off the New Year with its Commitment Day celebration.

For 2020, the Commitment Day Movement is challenging people in a new way – to commit to taking One Positive Action toward a healthier, happier life. In support of this goal, Life Time locations across the country will be open to everyone from December 28 through January 5 with a broad array of healthy and motivating events for all levels and abilities.

In another first, the company is also supporting Make-A-Wish in its mission to grant the wishes of children facing critical illnesses and the Life Time Foundation in its work to remove artificial and processed ingredients from school food.

Additional information and registration is available online at www.CommitmentDay.com.

WHY

Did you know most New Year’s resolutions only last a week or two? In fact, National Ditch Your Resolutions Day is officially on January 17th. Instead of resolutions, Life Time encourages people to make a specific commitment to One Positive Action in 2020.

WHEN

[Commitment Day 2020 Schedule of Events*](#)

Sunday, Dec. 29 – Discover Yoga Experience

Wednesday, Jan. 1 – Commitment Day 5K Races + Starting Line Clinic and Fun Run

Thursday, Jan. 2 – You vs. You Group Training

Saturday, Jan. 4 – Family Workout Day

**Events and activities may vary by location.*

WHERE

Life Time Burlington | 186 Middlesex Tpke, Burlington, MA 01803

Life Time MetroWest-Boston | 490 Old Connecticut Path, Framingham, MA 01701

Life Time Chestnut Hill | 300 Boylston St, Newton, MA 02467

Life Time Westwood | 44 Harvard St, Westwood, MA 02090

OVERARCHING STORY IDEAS

- Making a commitment and sticking to it
- 2020 trends
 - Group fitness and workouts
 - Overall health and wellness
- Tips from the pros on getting back to fitness and healthy eating
- Unique New Year’s commitments you can make for your health

Media are invited to Life Time for any Commitment Day event through January 5. Life Time personal trainers, coaches and dietitians will be available for interviews. Life Time experts are also available for any healthy holiday stories you may be working on over the next couple months.

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