



Mark Your Calendar: Life Time Locations throughout Chicago 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

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

Saturday, Jan. 4 – Family Workout Day

**Events and activities may vary by location.*

WHERE

Life Time Algonquin | 451 Rolls Rd, Algonquin, IL 60102

Life Time Bloomingdale | 455 Scott Dr., Bloomingdale, IL 60108

Life Time Burr Ridge | 601 Burr Ridge Pkwy, Burr Ridge, IL 60527

Life Time Northbrook | 1100 Skokie Blvd, Northbrook, IL 60062

Life Time Orland Park | 16333 South La Grange Rd, Orland Park, IL 60467

Life Time Old Orchard | 5300 Old Orchard Rd, Skokie, IL 60077

Life Time Romeoville | 1220 Lakeview Dr., Romeoville, IL 60446

Life Time Schaumburg | 900 E Higgins Rd. Schaumburg, IL 60173

Life Time Vernon hills | 680 Woodlands Pkwy, Vernon Hills, IL 60061

Life Time Warrenville | 28141 Diehl Rd. Warrenville, IL 60555

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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