



Mark Your Calendar: Life Time Locations throughout Dallas/Fort Worth 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

Sunday, Jan. 5 – Indoor Tri

**Events and activities may vary by location.*

WHERE

Life Time Allen – 971 State Highway 121, Allen, TX 75013

Life Time Colleyville – 1221 Church Street, Colleyville, TX 76034

Life Time Addison – 3419 Trinity Mills Road, Dallas, TX 75287

Life Time Flower Mound – 3100 Churchill Drive, Flower Mound, TX 75022

Life Time Fort Worth Alliance – 10761 Founders Way, Fort Worth, TX 76177

Life Time Garland – 5602 Naaman Forest Blvd, Garland, TX 75044

Life Time Highland Park – 5910 North Central Expressway, Dallas, TX 75206

Life Time Mansfield – 1552 Debbie Lane, Mansfield, TX 76063

Life Time Plano – 7100 Preston Road, Plano, TX 75024

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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