



Mark Your Calendar: Life Time Houston-Area Clubs Opening to Everyone from December 28 through January 5 during 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*

Saturday, Dec. 28	Family Day
Sunday, Dec. 29	Discover Yoga Experience
Tuesday, Dec. 31	Kid’s New Year’s Eve
Wednesday, Jan. 1	Commitment Day 5K Races + Starting Line Clinic and Fun Run
Thursday, Jan. 2	Group Training
Saturday, Jan. 4	Family Workout Events
Sunday, Jan. 5	Indoor Triathlons

**Events and activities may vary by location.*

WHERE

Life Time Baybrook | 19250 Gulfbrook Dr, Friendswood, TX 77546
Life Time Champions | 7717 Willow Chase Boulevard, Houston, TX 77070
Life Time Cinco Ranch | 23211 Cinco Ranch Blvd, Katy, TX 77494
Life Time CityCentre | 815 Town and Country Blvd, Houston, TX 77024
Life Time Cypress | 9922 Fry Road, Cypress, TX 77433
Life Time Greenway (NEW LOCATION) | 1 City Club Dr, Houston, TX 77046
Life Time Kingwood | 20515 W Lake Houston Pkwy, Humble, TX 77346
Life Time Lake Houston | 13600 Will Clayton Pkwy, Humble, TX 77346
Life Time Sugarland | 1331 Hwy 6, Sugar Land, TX 77478

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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