



Mark Your Calendar: Life Time Locations throughout New York and New Jersey 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

NEW YORK

Life Time SKY – 605 West 42nd Street, New York, NY 10036

Life Time Westchester – 1 Westchester Park Drive, Harrison, NY 10604

Life Time Chappaqua – 480 N Bedford Road, Chappaqua, NY 10549

Life Time Syosset – 350 Robbins Lane, Syosset, NY 11791

Life Time Garden City – 750 Zeckendorf Blvd, Garden City, NY 11530

NEW JERSEY

Life Time Bergen County – 10 Van Riper Road, Montvale, NJ 07645

Life Time Berkeley Heights – 25 Connell Drive, Berkeley Heights, NJ 07922

Life Time Bridgewater – 145 Commons Way, Bridgewater, NJ 08807

Life Time Florham Park – 14 Fernwood Road, Florham Park, NJ 07932

Life Time Mount Laurel – 3939 Church Road, Mount Laurel, NJ 08054

Life Time Princeton - 37 Forrestal Road S, Plainsboro, NJ 08536

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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