



## Mark Your Calendar: Life Time DC-area Locations 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](http://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 Centreville | 5900 Trinity Pkwy., Centreville, VA 20120

Life Time Fairfax | 9602 Main St., Fairfax, VA 22031

Life Time Gaithersburg | 10121 Washingtonian Blvd., Gaithersburg, MD 20878

Life Time Gainesville | 7801 Limestone Drive, Gainesville, VA 20155

Life Time Ashburn Sterling | 44610 Prentice Dr., Sterling, VA 20166

Life Time Reston | 1757 Business Center Dr., Reston, VA 20190

Life Time Rockville | 1151 Seven Locks Rd., Rockville, MD 20854

### 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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