



FOR IMMEDIATE RELEASE

October 10, 2011

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Anytime Fitness Honors the Best of the Best

World-Record Holder and Top Franchisee among those Honored at Annual Conference

Hastings, Minn. — A 71-year-old woman who recently topped the Guinness World Record for abdominal planking, an elite wheelchair marathoner, a woman who conquered a life-threatening eating disorder, a young mother who lost more than 150 pounds, and the "Franchisee of the Year" were among those honored at Anytime Fitness' annual conference in Washington, D.C. last week.

"With more than 1,000,000 members and nearly 1,700 clubs worldwide, we have amazing, extraordinary stories of real people conquering challenges and inspiring others every day," said Dave Mortensen, president and co-founder of Anytime Fitness. "We are honored to have such dedicated and committed franchisee owners and members that make a difference in their communities and inspire others to live a healthy life."

NATIONAL MEMBER SUCCESS STORY WINNERS

- Betty Lou Sweeney of Plover, WI recently set the world record for abdominal planking by holding the position for 36-minutes and 58-seconds. Two years ago, 71 year-old Sweeney suffered from a variety of obesity-related medical conditions. After joining Anytime Fitness, she lost 110 pounds, got rid of 25 different medications, and is in the best shape of her life.
- Kendra Brooks of Bristol, VA nearly died from the effects of anorexia and bulimia two years ago. She sought help at her local Anytime Fitness club, gained twenty pounds of muscle and recently completed a half-marathon. As for her eating disorder, Kendra says, "I left it at the finish line."
- Chad Johnson of Charlestown, IN fell from a tree and broke his back when he was 10 years old. Two years ago, Chad became an Anytime Fitness club member and since then he's won more than a dozen wheelchair marathon races and numerous bodybuilding competitions.
- Chastidy Liebi of California, MO weighed 308 pounds following the birth of her second child, prompting her doctor to tell her that she was at serious risk of a heart attack or stroke. Chastidy responded by joining the Anytime Fitness club in Jefferson City and she's lost more than 150 pounds in less than two years.

FRANCHISEE OF THE YEAR

Andy Gundlach of Madison, WI won the Anytime Fitness "Franchisee of the Year" award. Gundlach, who owns 14 Anytime Fitness clubs, and was also named "Turnaround Club Operator of the Year" for revitalizing a gym in Portage, WI. Each of Gundlach's clubs serves roughly double the number of members as the average Anytime Fitness club.

To learn more about Anytime Fitness, visit www.anytimefitness.com.

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ABOUT ANYTIME FITNESS

Founded in 2002, Anytime Fitness is now the fastest-growing fitness club franchise in the world, with more than 1,500 clubs worldwide. Open 24 hours a day, 365 days a year. Anytime Fitness prides itself on providing its