



FOR IMMEDIATE RELEASE

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71-Year Old Anytime Fitness Member Breaks the Guinness World Record for Holding Plank Position

Betty Lou Sweeney Endures Nearly 37 Minutes of Abdominal Planking

Hastings, Minn. Anytime Fitness member and Wisconsin native, Betty Lou Sweeney today broke the Guinness World Record for holding the abdominal plank with a time of 36 minutes and 58 seconds. The previous world record was 33 minutes and 40 seconds.

(Photo: <http://photos.prnewswire.com/prnh/20110928/CG77148>)

Betty Lou was joined by her Anytime Fitness trainer, Dave Candra, and cheered on by her husband Tom along with Anytime Fitness members and supporters earlier today at the Anytime Fitness in Stevens Point.

For Betty Lou, the accomplishment capped off an amazing two-year journey. In 2009, Betty Lou was severely overweight and nearly died from complications from an infection that went septic and shut down her kidneys. When she defied the odds and survived, she pledged to make a major life change, get off her medications and start enjoying life -- and she did just that. She joined her neighborhood Plover, Wisconsin Anytime Fitness and began working out six days a week with personal trainer Dave Candra. Today, more than 100 pounds lighter, Betty Lou is medication-free, fitter than most people, healthy and now a world-class record holder.

"Betty Lou is truly an inspiration to everyone who comes in contact with her," said Chuck Runyon, CEO of Anytime Fitness. "Like so many of our members, she set her sights on an amazing goal to take control of her health, and with determination and commitment, she achieved far beyond what she ever dreamed was possible."

According to Betty Lou, Anytime Fitness and her trainer Candra saved her life and were critical to her success today.

"When I walked into Anytime Fitness, my only goal was to get off my medication and start living a healthy life," said Sweeney. "I had never imagined being able to work out every day, let alone break a world record for planking -- I did not even know what planking was. I can't imagine now what my life would be like had I not walked in the door at Anytime Fitness and made a commitment to get healthy."

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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 members with convenient and affordable fitness options in friendly, well-maintained facilities which feature top-quality exercise equipment. Clubs are now open in 49 states, Canada, Mexico, Australia, New Zealand, the United Kingdom and Japan. Join one club and use them all. Members also enjoy free access to AnytimeHealth.com, the most comprehensive wellness website available.