



FOR IMMEDIATE RELEASE

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Anytime Health Goes Mobile With iPhone Application

iPhone App Lets Users Track Diet and Fitness Anywhere, Anytime

Hastings, Minn. — Anytime Health, the official health and wellness website of Anytime Fitness, today announced the launch of their official iPhone app, enabling users to manage their diet and activity on-the-go.

"We're excited to launch our first mobile app," said Brian Zehetner, Director of Anytime Health. "The Anytime Health experience is now accessible to all those who have an iPhone in their pocket, offering a unique opportunity to take control of one's health."

The Anytime Health app is available at no charge to Anytime Fitness members and premium-level Anytime Health users in the iTunes App Store. The app is packed with features and tools to assist in health management, including:

- Diet and fitness management with a comprehensive database of over 150,000+ foods and activities
- Daily calorie tracker to measure calories consumed and burned.
- Video tutorials of gym exercises.
- On-the-go stat monitoring capabilities for weight, blood pressure, measurements, and more.

Launched in 2010, Anytime Health endeavors to be the most progressive and preferred health, fitness, and lifestyle destination on the web. Today, with more than 300,000 active users, Anytime Health is a one-stop-shop for all things health-related:

- Health Risk Assessments.
- Workout planners with easy- to-follow tutorials.
- Expert advice on a broad range of health and wellness topics via blogs and videos.
- Support and accountability, plus diet and workout secrets from virtual "workout buddies" in the unique Q&A forum and support groups.
- Fun contests with cool prizes!

The Anytime Health team plans to deliver an iPad app in the next few months, with an Android app coming later this year.

"Increasing our presence in the mobile world is just another way to take fitness, convenience, and wellness to the next level for our users," says Zehetner.

To sign up for a membership to Anytime Health, go to anytimehealth.com.

*App Requirements: Compatible with iPhone, iPod touch, and iPad. Requires iOS 4.1 or later.

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ABOUT ANYTIME HEALTH

Launched in 2010, AnytimeHealth.com is a comprehensive, open-access web portal dedicated to nutrition, fitness, and disease prevention and management. It is essentially a one-stop shop for members' health and wellness needs, and includes a diet tracker, activity tracker, workout planner, and a robust community with support groups and a unique question and answer section. For more information, visit www.anytimehealth.com.

ABOUT ANYTIME FITNESS

Founded in 2002, Anytime Fitness is now the fastest-growing fitness club franchise in the world, with more than 1,300,000 members and 1,650 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, Grand Cayman, Poland, the Netherlands and Japan. Join one club and use them all. Members also enjoy free access to AnytimeHealth.com, the most comprehensive wellness website available.