



FOR IMMEDIATE RELEASE

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**LA Fitness joins UCan! UCare Activity Network
benefit for UCare's UCare for Seniors members**

*Use of LA Fitness clubs by Medicare members of
UCare's UCan! fitness program began Oct. 1, 2011*

MINNEAPOLIS, Nov. 7, 2011 – [UCare](#) announced today that [LA Fitness](#) centers are now available as a fitness and workout option to participants in UCare's [UCan! UCare Activity Network](#) fitness program. UCan! is available only to members of UCare's [UCare for Seniors](#) Medicare plan throughout Minnesota.

"We're pleased to add LA Fitness clubs and their rich assortment of wellness resources to our health club network available to *UCare for Seniors* members," says Ghita Worcester, Senior Vice President, Public Affairs and Marketing, UCare.

"LA Fitness' equipment, personal trainers, and convenient locations will help our members maximize their physical health and well-being."



LA Fitness is a sports club chain based in Irvine, Calif. Its mission is to help people achieve the benefits of a healthy lifestyle by creating a nationwide network of sports clubs that offer a wide range of amenities and services at an affordable price.

UCan! is a fitness program specially designed for *UCare for Seniors* members. UCan! offers three fitness options: [health club savings](#), [EnhanceFitness® fitness classes](#), and [Do-It-Yourself Kits](#) with tools to promote fitness at home and away. UCan! participants using the health club savings option must select a "home" club location.

Other health clubs featured in this UCan! health club savings option include participating [Anytime Fitness](#), [Curves](#), [Fitness 19](#), [Life Time Fitness](#), [National Independent Health Club Association](#) (NIHCA) member clubs, [Snap Fitness](#) clubs, the [YMCAs](#) of Minneapolis and St. Paul, and select YMCA branches in Greater Minnesota and Wisconsin.

About LA Fitness.

Founded in 1984, LA Fitness is a privately owned company has more than 360 locations in 21 states and Canada. LA Fitness seeks innovative ways to enhance the physical and emotional well-being of its increasingly diverse membership base. Its state-of-the-art clubs meet the needs of their respective communities. A wide range of amenities and highly trained staff provide fun and effective workout options to family members of all ages and interests. Clubs offer indoor basketball and racquetball courts, cardio equipment, free weights and machines, pool, cycling studios, yoga studio, personal trainers, and more.

About UCare

UCare (www.ucare.org) is an independent, nonprofit health plan providing health care and administrative services to more than 230,000 members. UCare partners with health care providers, counties, and community organizations to create and deliver innovative health coverage products for:

- Individuals and families enrolled in income-based Minnesota Health Care Programs, such as MinnesotaCare and Prepaid Medical Assistance Program.
- Adults with disabilities and Medicare beneficiaries with chronic health conditions.
- Minnesotans dually eligible for Medical Assistance and Medicare.
- Medicare-eligible individuals throughout Minnesota and in western Wisconsin.

UCare addresses health care disparities and care access issues through its UCare Fund grants and a broad array of community initiatives. The health plan received Top 100 Workplaces honors from the *Star Tribune* in 2010 and 2011.

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