



PRESS RELEASE

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GOLD'S GYM AND THE AMERICAN DIABETES ASSOCIATION TO HOLD NATIONAL "SPIN-A-THON" ON MARCH 31st

*Communities across the Country Unite to Fight Diabetes/ One Man Will Ride 24-
Hours Non-Stop*

DALLAS (March 5, 2007)– Gold's Gym fitness facilities throughout the country are gearing up for the first-ever national "Spin-a-Thon" charity fundraiser on Saturday, March 31st to benefit the American Diabetes Association (ADA). Gold's Gym will open its doors to residents throughout the United States to spin in unison in a national effort to raise much needed funds in support of diabetes prevention and awareness.

At the signature event in Washington DC, Ron Sarchian, Huntington Beach Gold's Gym Group Fitness Manager and Spin instructor, three time Guinness Book World Record Holder and honorary national co-captain, will ride on a Spin bike for 24 hours straight. "Exercise is the key to preventing and managing the disease, and we hope this event helps get that message out," said David Schnabel, president and CEO of Gold's Gym International. "Our goal is raise funds to find a cure and show people that just a small amount of exercise can mean the difference between being healthy and developing full blown diabetes."

Gold's Gym invites members and non-members to join together to burn calories and have fun in its nationwide Spin-a-Thon event led by Gold's highly certified instructors on Saturday, March 31. (Please check with your local Gold's Gym for a list of event times and participation information by logging onto www.goldsgym.com.)

In honor of his efforts to battle the disease, Gold's Gym has also named Marty Miserandino, a Spin instructor from Danvers, MA, as honorary national co-captain. Miserandino is the captain of the Ride For Jules, a Spin-a-Thon event which raised \$69,000 in honor of his mother's battle against diabetes. He will be working with Gold's Gym's around the country to coach and prepare them for the event.

With nearly a month remaining until the kick-off of the national Spin-a-Thon, there are already hundreds of riders and events confirmed in cities across the country, including New York, Los Angeles, Washington DC, Dallas, Atlanta, Seattle, Las Vegas, Austin, Nashville, St. Louis, Tampa and Salt Lake City, to name a few.

Diabetes is one of the biggest health crisis' facing our country today, with more than 75 million Americans affected by the disease. It is estimated that nearly 21 million have the disease and another 54 million have pre-diabetes.

Through a national strategic partnership, Gold's Gym and the ADA are committed to improving the quality of life for people with diabetes and have created a simple and fun way for individuals to get involved in a worthy cause with their community. The



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national Spin-a-Thon event allows Gold's Gyms across the country to join forces and invite people of all fitness and cycling levels to hop on a bike to fight diabetes and aid research for a cure.

Residents are encouraged to participate in the Spin fundraiser and can register online at www.diabetes.org/tour-teamgolds. For more information on the national Spin-a-Thon event, please contact Dave Reiseman at (214) 296-5062 or via email at dreiseman@goldsgym.com.

About Gold's Gym

Established in Venice, Calif. in 1965, Gold's Gym is the largest co-ed gym chain in the world with over 620 locations in 42 states and 26 countries. Gold's Gym also operates online at www.goldsgym.com and www.goldsgear.com. Gold's Gym offers the latest equipment and services, including group exercise, personal training, cardiovascular equipment, spinning, Pilates and yoga, while maintaining its core weight lifting tradition. With nearly 3 million members worldwide, Gold's Gym continues to change lives by helping people achieve their individual potential.

About the American Diabetes Association

The American Diabetes Association is the nation's premier voluntary health organization supporting diabetes research, information and advocacy. The Association's mission is to prevent and cure diabetes and to improve the lives of all people affected by diabetes. Founded in 1940, the Association provides services to hundreds of communities across the country. For more information please call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) or visit www.diabetes.org. Information from both these sources is available in English and Spanish.

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