



Nutrisystem (Nasdaq: NTRI) to Ring The Nasdaq Stock Market Opening Bell

Nutrisystem CEO & Celebrity Brand Ambassador Available for Media Interviews

Nasdaq Celebrates 5th Annual "Fit Week" to kick off healthy living in the New Year

ADVISORY, Jan. 04, 2016 (GLOBE NEWSWIRE) --

What:

Nutrisystem, a leading provider of weight management products and services, will visit the Nasdaq MarketSite in Times Square as part of Nasdaq's 5th annual "Fit Week." The week runs from January 4th to January 8th, 2016 and includes bell ceremonies featuring companies that help individuals lead healthier lifestyles.

In honor of the occasion, **Dawn Zier, President and Chief Executive Officer** will ring the Opening Bell. Dawn and brand ambassador/celebrity, Melissa Joan Hart, are available throughout the day for interviews on a request basis as scheduling permits. Potential interview topics include:

- | Why this is such an important week for the diet industry
- | Company performance, competition and 2016 plans
- | South Beach acquisition, new products and retail expansion, etc.

In addition to ringing the Opening or Closing Bell during "Fit Week", participating companies will be featured on Nasdaq's [Facebook](#), [Twitter](#) and [Instagram](#) pages where they will provide customized tips for maintaining a healthy lifestyle in 2016.

To find photos from Nasdaq "Fit Week" 2015 and for upcoming photos from "Fit Week" 2016, please visit: <http://www.nasdaq.com/marketsite/fitweek1102/fitweek2016.html>

Where:

Nasdaq MarketSite - 4 Times Square - 43rd & Broadway - Broadcast Studio

When:

Tuesday, January 5, 2016 - 9:15 a.m. to 9:30 a.m. ET

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Feed Information:

Fiber Line (Encompass Waterfront): 4463

Gal 3C/06C 95.05 degrees West
18 mhz Lower
DL 3811 Vertical
FEC 3/4
SR 13.235
DR 18.295411
MOD 4:2:0
DVBS QPSK

Social Media:

For multimedia features such as exclusive content, photo postings, status updates and video of bell ceremonies please visit our Facebook page at:Â
<http://www.facebook.com/NASDAQ>.

For photos from ceremonies and events visit our Instagram Page:Â
<http://instagram.com/nasdaq>

For news tweets, please visit our Twitter page at:Â
<http://twitter.com/nasdaq>

For exciting viral content and ceremony photos visit Tumblr Page:Â
<http://nasdaq.tumblr.com/>

Webcast:

A webcast of the Nasdaq Opening Bell will be available at:
<https://new.livestream.com/nasdaq/live> or <http://www.nasdaq.com/about/marketsitetowervideo.aspx>

Photos:

To obtain a hi-resolution photograph of the Market Open, please go to
http://www.nasdaq.com/reference/marketsite_events.stm and click on the market Open of your choice.

About Nutrisystem, Inc.

Nutrisystem, Inc. (Nasdaq:NTRI) is a leader in the weight loss industry, having helped millions of people lose weight over the course of more than 40 years. The Company's weight loss solutions include Nutrisystem® MyWay®, a structured food delivery program including a digital platform NuMi® by Nutrisystem, multi-day kits and individual products available at select retail outlets. The Company recently launched its all-new Turbo10, a clinically tested program that delivers up to a 10-pound weight loss and an overall reduction of five inches from the waist, hips, thighs, chest, and arms in just the first month. The Company's current product line offers customers the most meal choices, including more than 100 foods containing no artificial preservatives or artificial flavors. Nutrisystem® plans are consistent with national guidelines for dietary intake meeting targets for fat, sodium, sugar, cholesterol, fiber and physical activity and include comprehensive counseling options from trained weight loss coaches, registered dietitians and certified diabetes educators. Plans can be customized to specific dietary needs and preferences including the [Nutrisystem® D®](#) program for people with Type 2 diabetes or pre-diabetes. For more information, go to NutrisystemNews.com.

About Nasdaq:

Nasdaq (Nasdaq:NDAQ) is a leading provider of trading, exchange technology, information and public company services across six continents. Through its diverse portfolio of solutions, Nasdaq enables customers to plan, optimize and execute their business vision with confidence, using proven technologies that provide transparency and insight for navigating today's global capital markets.Â As the creator of the world's first electronic stock market, its technology powers more than 70 marketplaces in 50 countries, and 1 in 10 of the world's securities transactions. Nasdaq is home to more than 3,500 listed companies with a market value of over \$8.8 trillion and more than 10,000 corporate clients. To learn more, visit www.nasdaq.com/ambition or www.nasdaqomx.com.

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Source: NASDAQ, Inc.

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