

July 31, 2009



Gaiam, Inc. to Announce Second Quarter 2009 Results

Conference Call to be held on Wednesday, August 5, 2009

BOULDER, Colo., July 31 /PRNewswire-FirstCall/ -- Gaiam, Inc. (Nasdaq: GAIA), alifestyle media company providing information, media, products and services to customers who value personal development, wellness, ecological lifestyles, responsible media and conscious community, will announce results for the second quarter ended June 30, 2009 at close of the market on Wednesday, August 5, 2009.

The Company will hold a teleconference to discuss these results with additional comments and details. Participating in the call will be Jirka Rysavy, Chairman; Lynn Powers, Chief Executive Officer & President; Vilia Valentine, Chief Financial Officer; and Carole Buyers, VP Corporate Finance and Investor Relations.

The conference call is scheduled to begin at 2:30 p.m. MDT (4:30 p.m. EDT) on August 5, 2009. Participants may access the call by dialing (800) 619-0355 (domestic) or (212) 547-0278 (international), passcode GAIAM.

For more information about Gaiam, please visit www.gaiam.com, or call 1-800-869-3603.

This press release includes forward-looking statements relating to matters that are not historical facts. Forward looking statements may be identified by the use of words such as "expect," "intend," "believe," "will," "should" or comparable terminology or by discussions of strategy. While Gaiam believes its assumptions and expectations underlying forward-looking statements are reasonable, there can be no assurance that actual results will not be materially different. Risks and uncertainties that could cause materially different results include, among others, introduction of new products and services, completion and integration of acquisitions, the possibility of negative economic conditions, and other risks and uncertainties included in Gaiam's filings with the Securities and Exchange Commission. Gaiam assumes no duty to update any forward-looking statements.

SOURCE Gaiam, Inc.