

March 3, 2010



Gaiam, Inc. to Announce Fourth Quarter 2009 Results

Conference Call to be held on Monday, March 8, 2010

BOULDER, Colo., March 3 /PRNewswire-FirstCall/ -- **Gaiam, Inc.** (Nasdaq: GAIA), a lifestyle media company, will announce results for the fourth quarter ended December 31, 2009 at the close of the market on Monday, March 8, 2010.

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, President & Chief Executive Officer; and Carole Buyers, VP Corporate Finance and Investor Relations.

The conference call is scheduled to begin at 2:30 p.m. MST (4:30 p.m. EST) on March 8, 2010. Participants may access the call by dialing (800) 619-0355 (domestic) or (212) 547-0278 (international), passcode GAIAM.

About GAIAM

Gaiam, Inc. (Nasdaq: GAIA) is a leading producer and marketer of lifestyle media and fitness accessories. With a wide distribution network that consists of 71,000 retail doors, over 11,000 store within stores, a digital distribution platform and more than 8 million direct customers, Gaiam is dedicated to providing solutions for the many facets of healthy and eco-conscious living. The company dominates the health and wellness category and releases non-theatrical programming focused on family entertainment and conscious media. In addition Gaiam has exclusive licensing agreement with Discovery Communications and other licensing partners. For more information about Gaiam, please visit www.gaiam.com or call 1.800.869.3603.

SOURCE Gaiam, Inc.