

October 29, 2009



Gaiam, Inc. to Announce Third Quarter 2009 Results

Conference Call to be held on Wednesday, November 4, 2009

BOULDER, Colo., Oct. 29 /PRNewswire-FirstCall/ -- *Gaiam, Inc.* (Nasdaq: GAIA), the leading distributor of lifestyle media and fitness accessories, will announce results for the third quarter ended September 30, 2009 at close of the market on Wednesday, November 4, 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. MST (4:30 p.m. EST) on November 4, 2009. Participants may access the call by dialing (800) 619-0355 (domestic) or (212) 547-0278 (international), passcode GAIAM.

About Gaiam, Inc.

Gaiam is the leading independent distributor of special interest programming, with a 72,000 door retail distribution network and over 10,000 store in stores. With more than 40 percent of the fitness and wellness market, Gaiam is dedicated to providing solutions for the many facets of healthy, eco-conscious living. Since its founding in 1988, Gaiam has grown into a \$250 million integrated brand. The company's commitment to quality, coupled with an innovative approach to merchandising and distribution have allowed it to dominate the health and wellness category with fitness sensations Rodney Yee, Mari Winsor, Billy Blanks and The Firm. For more information about Gaiam, please visit www.gaiam.com, or call 1.800.869.3603.

SOURCE Gaiam, Inc.