

May 3, 2012



Gaiam to Report First Quarter First Quarter Results and Host Conference Call on May 9

BOULDER, Colo.-- Gaiam, Inc. (NASDAQ: GAIA) ("the Company"), a lifestyle media company, announced today that it will release its 2012 first quarter results after the market close on Wednesday, May 9, 2012. The Company will host a conference call at 2:30 p.m. MT (4:30 p.m. ET) on Wednesday, May 9, 2012. The conference call is open to the general public.

The conference call number is 212/231-2900 or 415/226-5355; please call five minutes in advance to ensure that you are connected prior to the presentation. Questions and answers will be reserved for analysts and investors. Following the completion of the conference call, a replay will be available until May 16, 2012 by dialing 800/633-8284 or 402/977-9140, passcode: 21590675.

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 62,000 retail doors, 14,600 store within stores, a digital distribution platform and 10 million direct customers, Gaiam is dedicated to providing solutions for LOHAS (lifestyle of health and sustainability) 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 agreements with Discovery Communications and other licensing partners. For more information about Gaiam, please visit www.gaiam.com or call 1.800.869.3603.

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