

October 28, 2010



## **Gaiam, Inc. to Announce Third Quarter 2010 Results**

### **Conference Call to be held on Wednesday, November 3, 2010**

BOULDER, Colo., Oct. 28 /PRNewswire-FirstCall/ -- **Gaiam, Inc.** (Nasdaq: GAIA), a lifestyle media company, will announce results for the third quarter ended September 30, 2010 at the close of the market on Wednesday, November 3, 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, Chief Executive Officer; and Carole Buyers, VP Corporate Finance and Investor Relations.

The conference call is scheduled to begin at 2:30 p.m. MT (4:30 p.m. EDT) on November 3, 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 - News) is a leading producer and marketer of lifestyle media and fitness accessories. With a wide distribution network that consists of 67,000 retail doors, over 12,500 store within stores, a digital distribution platform and 10 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 agreements with Discovery Communications and other licensing partners. For more information about Gaiam, please visit [www.gaiam.com](http://www.gaiam.com) or call 1.800.869.3603.

SOURCE Gaiam, Inc.