

July 30, 2014



Gaiam to Report Fiscal 2014 Second Quarter Results and Host Conference Call on August 6

BOULDER, Colo.-- Gaiam, Inc. (NASDAQ: GAIA) ("the Company"), a lifestyle media company, announced today that it will release its 2014 second quarter results after the market close on Wednesday, August 6, 2014. The Company will host a conference call at 2:30 p.m. MT (4:30 p.m. ET). The conference call will be open to the public.

The conference call number is (212) 231-2922 or (415) 226-5358; 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.

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 approximately 36,000 retail doors, 15,000 store within stores, 5,000 category management locations, and e-commerce, Gaiam is dedicated to providing solutions for healthy and eco-conscious living and personal transformation. Gaiam TV is a global digital subscription service with over 6,000 exclusive videos available for streaming. The Company dominates the health and wellness category and owns the largest library of conscious media. For more information about Gaiam, please visit www.gaiam.com or call 1.800.869.3603.

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