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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 at2:30 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 or call 1.800.869.3603.

SOURCE Gaiam, Inc.