



LEANLIFE UPDATE ON CEASE TRADE ORDER

VANCOUVER, BRITISH COLUMBIA, January 23, 2023: **LeanLife Health Inc CSE: LLP; FSE: LL1** (the "**Company**" or "**LeanLife**") Announces that the Company and its auditors are continuing to work to complete both its audited annual financial statements for the fiscal year ended March 31, 2022 as well as the interim Financial statements for the period ended June 30, 2022 and September 30, 2022 along with the related management's discussion and analysis and CEO and CFO certifications (collectively, the "Filings").

The Company's audit remains ongoing, and as previously disclosed, LeanLife is experiencing delays caused by complexities arising from the Companies financials. The CTO will remain in place until such time as the Annual Filings the Q1 and Q2 filings are posted to SEDAR and the required regulatory bodies.

The CTO prohibits the trading by any person of any securities of the Company in each jurisdiction in Canada in which the Company is a reporting issuer, including trades in the Company's common shares made through the Canadian Securities Exchange, for as long as the CTO remains in effect; however, the CTO provides an exception for beneficial securityholders of the Company who are not currently (and who were not as of August 5, 2022) insiders or control persons of the Company and who sell securities of the Company acquired before August 5, 2022 if both of the following criteria are met: (i) the sale is made through a "foreign organized regulated market", as defined in section 1.1 of the Universal Market Integrity Rules of the Investment Industry Regulatory Organization of Canada and (ii) the sale is made through an investment dealer registered in a jurisdiction of Canada in accordance with applicable securities legislation.

There is no assurance that the Company will be able to remedy its filing default and have the CTO lifted in a timely manner or at all.

The Company is not currently subject to any insolvency proceedings. The Company also confirms that there is no other material information concerning the affairs of the Company that has not been generally disclosed as of the date of this press release.

For more information about the Company, visit our website at <https://www.leanlifehealth.com/> or contact:

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Neither the Canadian Securities Exchange nor its Regulation Services Provider (as that term is defined in the policies of the CSE) accepts responsibility for the adequacy or accuracy of this news release.

Cautionary Note Regarding Forward-Looking Statements

This release contains certain "forward looking statements" and certain "forward-looking information" as defined under applicable Canadian securities laws. Forward-looking statements and information can generally be identified by the use of forward-looking terminology such as "may", "will", "expect", "intend", "estimate", "upon" "anticipate", "believe", "continue", "plans" or similar terminology. Forward-looking statements and information include, but are not limited to, statements with respect to the profitability and anticipated sales, product expansion or potential Amazon orders.