

Revitalist Reports Thirteen Months of Consecutive Monthly Visit Growth and a 427% Increase Year Over Year for February 2022

VANCOUVER, British Columbia--(BUSINESS WIRE)--March 15, 2022--REVITALIST LIFESTYLE AND WELLNESS LTD. (“Revitalist” or the “Company”) (CSE: CALM) (OTCQB: RVLWF) (FSE: 4DO) is pleased to announce patient visits for the month of February 2022 increased by 427% year over year, representing the thirteenth consecutive month of positive visit growth for the Company.

The Company opened its ninth clinic located in Jacksonville, Florida during the month of February and has received a warm welcome from patients in the community. Performance thus far has exceeded expectations and Revitalist is ecstatic to welcome another successful clinic to the community.

Monthly visits are summarized in the chart below.

Month	Year	Patient Visits
February	2021	185
March	2021	225
April	2021	267
May	2021	341
June	2021	359
July	2021	496
August	2021	535
September	2021	600
October	2021	664
November	2021	745
December	2021	858
January	2022	871
February	2022	975

CEO, Kathryn Walker states, “February 2022 was another milestone for patient visits at Revitalist. We experienced our highest monthly visit count yet and achieved thirteen consecutive months of visit increases. We have proven that we can scale our operations drastically over a short period of time and intend on furthering this growth when it makes sense. With the current market conditions, we intend to focus our efforts on the existing clinics in our pipeline and solidify our reputation with the patient base in each marketplace that we have a presence.”

The Company also announces it has granted a total of 150,000 stock to certain employees and consultants pursuant to the terms of the Company's long term incentive plan ("Plan"). The stock options are exercisable at a price of \$0.09 per share.

ABOUT REVITALIST LIFESTYLE AND WELLNESS LTD.

Revitalist Lifestyle and Wellness Ltd. (CSE: CALM) (OTCQB: RVLWF) (FSE: 4DO) is a publicly traded company, headquartered in Knoxville, Tennessee, with nine clinics operating across the United States and expanding. Revitalist is dedicated to empowering individuals toward an improved quality of well-being through a combination of comprehensive care and future-centric treatments provided by medical professionals, mental health experts, and chronic pain specialists. The company proudly practices translational medicine which is supported by three main pillars: benchside, bedside and community, with a goal to improve the global healthcare system significantly. Since opening their first clinic in 2018, Revitalist has provided thousands of infusions for patients suffering from treatment-resistant conditions. Additionally, Revitalist offers a number of lifestyle optimization services and vitamin infusions that can bring anyone closer to total wellness. For additional information and to be added to the Company's mailing list, please click [here](#).

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On Behalf of the Board

Kathryn Walker

Chief Executive Officer

Forward Looking Statements

This news release contains forward-looking statements and information within the meaning of applicable securities legislation. Often, but not always, forward-looking statements and information can be identified by the use of words such as "plans", "expects" or "does not expect", "is expected", "estimates", "intends", "anticipates" or "does not anticipate", or "believes", or variations of such words and phrases or state that certain actions, events or results "may", "could", "would", "might" or "will" be taken, occur or be achieved. Forward looking statements or information involve known and unknown risks, uncertainties and other factors which may cause the actual results, performance or achievements of Revitalist to be materially different from any future results, performance or achievements expressed or implied by the forward-looking statements or information contained in this news release.

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