

FOR IMMEDIATE RELEASE



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**COORS' HEALTH MANAGEMENT PROGRAM WINS TWO NATIONALLY
RECOGNIZED EMPLOYEE HEALTH IMPROVEMENT AWARDS**

GOLDEN, CO — December 11, 2006 — Health Fitness Corporation (OTC Bulletin Board: HFIT) announced today that the HFC-managed Coors Wellness Center has earned two of the health management industry's leading awards. The Coors Wellness Center earned top honors by receiving the 2006 Corporate Health and Productivity Management Award from the Institute of Health and Productivity Management (IHPM), and the 2006 Annual Quality Leadership Award from the Certification of Disability Management Specialists Commission (CDMSC).

IHPM's 2006 Corporate Health and Productivity Management Award was presented to Coors at the organization's International Conference September 27th and reflects Coors' achievements in measurably improving their business competitiveness through productivity gains which resulted from improved employee health status. Coors was presented with CDMSC's 2006 Quality Leadership Award at the National Business Group on Health (NBGH) meeting November 27th. According to CDMSC, Coors earned this prestigious award through the successful and creative implementation of an on-site corporate disability management program, which focuses on injury prevention, treatment and return to work programs.

The Coors Wellness Center has been managed by Health Fitness Corporation since 2004.



Nancy Lasich, Manager of Coors Benefits proudly holds the 2006 Corporate Health and Productivity Management Award next to Mike Wanetka, HFC's Program Manager for the Coors Wellness Center.

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About HFC

Health Fitness Corporation (HFC) is a leading provider of health management and fitness services to employers, the health care industry and individual consumers. Serving clients for more than 30 years, HFC partners with corporations to assist them in effectively managing health care costs by improving individual health and well-being. HFC serves more than 400 clients globally via on-site management and remotely via web and telephonic services. Its *Live for Life*[®] solution suite provides a complete portfolio of health and fitness management solutions including a proprietary HRA platform, screenings, Empowered[™] Health Advisor and Coaching services and delivery of health improvement programs. HFC delivers its services through more than 3,000 health and fitness professionals in national and international locations who are committed to the company's mission of *Improving the health and well-being of the people we serve*. For more information on HFC please visit: www.hfit.com.

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