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FROM: HealthFitness
1650 West 82nd Street, Suite 1100
Minneapolis, Minn. 55431

MEDIA CONTACT: John Barrett
952.897.5262
john.barrett@hfit.com

Employers' Support Leads to Increased Biometric Screening and Health Coaching Growth in 2009

Encouragement and incentives drive employees towards better health

MINNEAPOLIS (April 7, 2010) — Demand for HealthFitness' employee health and productivity solutions grew in 2009, due to expanded interest from existing clients and targeted incentives. HealthFitness is an award-winning provider of integrated health promotion and fitness management solutions for on-site and dispersed employee populations.

During 2009, HealthFitness screened 128,909 workers. HealthFitness' standard screenings include body mass index, blood pressure, total cholesterol, triglycerides and blood sugar levels. Screenings take place at the worksite and results, while confidential, are uploaded to the participant's health risk assessment.

"Employers are realizing the value of a healthy work force," said Gregg O. Lehman, HealthFitness President. "Our clients ensure that their employees have the tools, information and coaching needed to take control of their health, and the result is a work force that is healthier, safer and more productive." Surveys collected from more than 87,000 participants in 2009 showed 99.5 percent were satisfied with their HealthFitness screening experience. As a result of participating in the health screening, 98.2 percent said they planned to take steps toward changing unhealthy behaviors that lead to health risks.

In 2009, HealthFitness offered health advising to more than 157,418 employees — an increase of almost 70 percent over 2008. HealthFitness offers knowledgeable health advisers to participants completing a screening event or health assessment to interpret results, providing referrals to the health resources needed to ensure the participants' biometric numbers are in healthy ranges.

HealthFitness also grew enrollment in its EMPOWERED™ Health Coaching program by 97 percent, with 38,018 employees in 2009 actively engaged in changing behaviors. Additionally, HealthFitness had 286,764 participants complete its INSIGHT® health risk assessment, an increase of 37 percent over 2008.

About HealthFitness

HealthFitness is an award-winning provider of integrated health promotion and fitness management solutions to Fortune 500 companies, the health care industry and individual consumers. With 30-plus years of experience, HealthFitness partners with employers to effectively manage health care and productivity costs by improving individual health and well-being. HealthFitness provides a portfolio of solutions, including best-in-class integration, INSIGHT® Health Risk Assessments, screenings, EMPOWERED™ Health Coaching and fitness facility design and management. For more information on HealthFitness, visit www.hfit.com.

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