

FOR IMMEDIATE RELEASE



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MARK W. SHEFFERT NAMED CHAIRMAN OF HEALTH FITNESS BOARD

MINNEAPOLIS, MN — September 6, 2006 — Health Fitness Corporation (OTC BB: HFIT) has named Mark W. Sheffert as chairman of the board, the company announced today. He has been a member of the Health Fitness board since 2001. Sheffert succeeds John W. Penn, chairman of the HFC board since 2003, who remains a member of the board.

Sheffert, who is chairman and CEO of the Minneapolis-based investment banking, corporate renewal and management advisory firm, Manchester Companies Inc, has served as a director for numerous public and private companies and has been named an Outstanding Director by the National Association of Corporate Directors. He is also a former president of First Bank System (now U S Bancorporation).

About The Company

Health Fitness Corporation is a leading provider of fitness and health management services to corporations, hospitals, and communities. Serving clients for over 30 years, HFC provides fitness and health management services to more than 400 on-site and remote locations across the U.S. and Canada. For more information about Health Fitness Corporation, go to www.hfit.com.

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