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HealthFitness Recognized in *The 2009 Minnesota Census of Women in Corporate Leadership*

Minneapolis, MN - (February 9, 2010)—Health Fitness Corporation (NYSE Amex: FIT), a leading provider of integrated employee health and productivity management solutions, today received Honor Roll recognition in *The 2009 Minnesota Census of Women in Corporate Leadership*. Companies with both 20 percent or more women corporate directors and 20 percent or more women executive officers receive Honor Roll recognition.

The 2009 Minnesota Census of Women in Corporate Leadership is a report published by St. Catherine University and the Minnesota Women's Economic Roundtable. The survey evaluates the status of women serving on the boards and in the executive offices of Minnesota's 100 largest publicly held companies, which have revenues ranging from \$28 million to \$82 billion.

"HealthFitness is honored to be named in *The 2009 Minnesota Census of Women in Corporate Leadership*," said Gregg Lehman, Ph.D., HealthFitness President and Chief Executive Officer. "We are proud to have such a strong team of women to contribute to the results-driven employee health solutions we deliver to employers."

About HealthFitness

HealthFitness is a leading provider of integrated employee health improvement services 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 health and fitness management 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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