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FROM: HealthFitness
1650 West 82nd Street, Suite 1100
Minneapolis, MN 55431
952.831.6830

CONTACT: Karla Hurter, 703.319.0957 Health2 Resources, khurter@health2resources.com

Response from HealthFitness CEO Gregg O. Lehman, Ph.D, to report finding investment in disease prevention could save America \$5.60 for every \$1 spent
Report released Thursday focused on reducing obesity and smoking and improving nutrition

MINNEAPOLIS, MN July 19, 2008 — HealthFitness President and CEO Gregg O. Lehman, Ph.D., responded today to a report enumerating the return on investment that prevention activities can bring to Americans. The report was released Thursday by Trust for America’s Health, and found that an investment of \$10 per person per year in programs to increase physical activity, improve nutrition, and prevent smoking and other tobacco use could save the country more than \$16 billion annually within five years—a return on investment of about \$5.60 for every \$1 spent.

“Each day HealthFitness contributes to the health and wellness of the workforce of our nation’s largest employers by managing fitness, disease prevention and health risk reduction programs on-site at more than 400 locations,” Lehman said. “For our more than 300 clients, this is confirmation that the investment they are making in our suite of face-to-face, telephonic and Web-based health management services will yield a positive return in better employee health and overall cost savings. Investment in these programs where people work, live, learn and play will serve to successfully integrate prevention and health awareness into the whole community culture.”

The study’s findings are based on a model developed by researchers at the Urban Institute and a review of evidence-based studies conducted by the New York Academy of Medicine. Findings show that many effective prevention programs cost less than \$10 per person, and that these programs are effective for lowering rates of diseases that are related to common health risk behaviors. The study and report were developed through a partnership of Trust for America’s Health, The New York Academy of Medicine (NYAM), The Robert Wood Johnson Foundation (RWJF), The California Endowment (TCE), and Prevention Institute.

To read HealthFitness Issue Brief: “Applying 21st Century Benefit Design: A Culture of Health in Action” go to: <http://www.hfit.com/briefs/HFIssueBrief1.08.pdf>

About HealthFitness

HealthFitness is a leading provider of employee health improvement services to Fortune 500 companies, the health care industry and individual consumers. Serving clients for more than 30 years, HealthFitness partners with employers to effectively manage their health care and productivity costs by improving individual health and well-being. HealthFitness serves more than 300 clients globally via on-site management and remotely via Web and telephonic services. HealthFitness provides a complete portfolio of health and fitness management solutions including a proprietary health risk assessment platform, screenings, EMPOWERED™ Health Coaching and delivery of health improvement programs. HealthFitness employs 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 HealthFitness, visit www.hfit.com.