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Biometric Screening, Health Coaching and HRA Participation Grows in 2008 *Increased client demand and effective incentives fuel rise in employee engagement*

MINNEAPOLIS Jan. 22, 2009—Demand for HealthFitness' employee health and productivity solutions grew in 2008, due to expanded interest from existing clients and targeted incentives. HealthFitness (NYSE Alternext US: FIT) is an award-winning provider of integrated health promotion and fitness management solutions for on-site and dispersed employee populations.

During 2008, HealthFitness screened 121,868 workers across the country—an increase of 60 percent from 2007. Surveys collected from more than 65,500 participants in 2008 showed 99 percent were satisfied with their HealthFitness screening experience. As a result of participating in the health screening, 98 percent said they planned to take steps toward changing unhealthy behaviors that lead to health risks.

HealthFitness' standard screenings include body mass index, blood pressure, total cholesterol (with HDL/LDL cholesterol breakdown), triglycerides and blood sugar levels. Screenings take place at the worksite and results are confidential.

“HealthFitness has a track record for consistently delivering strong client and employee satisfaction, which is a significant factor contributing to our growth,” HealthFitness President and CEO Gregg O. Lehman said.

“Our clients also value our comprehensive suite of services to improve employee health, including our robust incentive solution,” Lehman continued. “In 2008, HealthFitness collaborated with a rising number of clients to identify the right incentive to spur increased participation in screenings, HRAs and health coaching among their unique population. Our results confirm the role that incentives can play in driving employee engagement.”

In 2008, HealthFitness provided health advising to 93,204 employees—a 162 percent increase over 2007. HealthFitness offers knowledgeable health advisers to screening participants to interpret results and explain what can be done to keep their biometric numbers in healthy ranges.

HealthFitness also grew enrollment in its EMPOWERED™ Health Coaching program by 280 percent, with 18,442 employees in 2008 actively engaged in changing behaviors. Additionally, HealthFitness had 236,024 participants complete its INSIGHT® Health Risk Assessment (HRA), an increase of 29 percent over 2007.

HealthFitness' EMPOWERED Health Coaching is a behavioral-based program that ties to employee risks and engages individuals as they are ready to make lifestyle changes that improve their health and well-being. With EMPOWERED, each employee partners with one health coach for the duration of the program for ongoing support to change behaviors in 13 Focus Areas, which include physical activity, health eating and stress management.

HealthFitness' INSIGHT HRA assesses employees' current health status and provides personalized feedback to help them better manage their health, behaviors and risks. INSIGHT is a science-based analysis of participant health, lifestyle behaviors, health history and risk factors for disease.

For additional information on HealthFitness' solutions, visit www.hfit.com.

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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