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HFC ATHLETIC CLUB AWARDED CLUB INDUSTRY'S "BEST OF THE BEST"

MINNEAPOLIS, MINNESOTA, October 22, 2003 — *Club Industry*, a leading publication in the health and fitness club industry, has selected a full service athletic health club run by Health Fitness Corporation (OTC BB: HFIT) as one of the best overall athletic clubs in the country in its annual "Best of the Best" ranking. The HFC Athletic Club at One Cleveland Center in downtown Cleveland was ranked by the magazine as the best overall club with under 3,000 members.

The HFC Athletic Club won the award by finishing first overall in a compellation of 16 separate categories evaluated by on-site examiners of an independent firm completing the evaluation for *Club Industry*. The significant honor was earned based on categories that include: customer service, professionalism of staff, range and quality of programming, cleanliness, and appearance of facilities. Health Fitness Corporation has managed the HFC Athletic Club since December 2002.

"We have partnered with Health Fitness Corporation since December of 2002. This award symbolizes why we selected HFC to manage our One Cleveland Center facility. The club is well managed with trained, professional staff. HFC employees understand the importance of customer-satisfaction, and this fits well with our management objectives," said Karin Schulz, Property Director for Kennedy Wilson Property Management in Cleveland.

"We are thrilled to be honored in this way. It is especially gratifying being recognized when we are being compared to world-class facilities around the country," said Brad Calabrese, General Manager at The HFC Athletic Club at One Cleveland Center.

Health Fitness Corporation is the leading provider of results-oriented health improvement management services to corporations, hospitals, universities and communities. HFC has been serving clients since 1975 and manages 200 sites across the U.S. and Canada. For more information about Health Fitness Corporation, go to www.hfit.com.

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