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**HEALTH FITNESS CORPORATION LAUDS TIM PETERS, PROGRAM MANAGER AT
EASTMAN CHEMICAL COMPANY**

Peters Named one of the Region's Top 40 Under 40, For Outstanding Program Achievements and Health Improvement Efficacy, Appointed to State Board for Health Improvement and Diabetes Prevention

MINNEAPOLIS, MN — November 30, 2006 — Health Fitness Corporation (OTC Bulletin Board: HFIT) today announced that one of the company's senior program leaders, Tim Peters, Manager of Health Management for the company's Eastman Chemical Company account, has been named one of the Top 40 Professionals under 40 by the *Tri-Cities Business Journal*. Peters was also appointed by the Governor of Tennessee, Phil Bredesen, to the Board of Trustees of the Tennessee Center for Diabetes Prevention and Health Improvement.

"Tim embodies our mission, which is to improve the health and well-being of those we serve. We are extraordinarily proud of Tim's accomplishments and applaud those who conferred these well-deserved honors on him," said Jerry Noyce CEO and President of Health Fitness Corporation.

Eastman has 9,400 employees in the domestic United States with 6,800 of those based at the company's 800-acre corporate headquarters campus in Kingsport, Tennessee. The company is a leader in seeking employee health improvement, choosing to partner with Health Fitness Corporation (HFC) in 1991 to implement Health Risk Assessments (HRAs) and lifestyle management programs. The program expanded over the past decade and now includes comprehensive wellness, fitness and ergonomic programming integrated within the Eastman Integrated Health system and in collaboration with the on-site medical departments, Global Benefits and Safety.

Peters directs delivery of wellness interventions as part of Eastman's Integrated Health initiative to the 9,400 U.S.-based Eastman Chemical Company employees. To help Eastman accomplish its goal of improving employee health and lowering the company's health and lifestyle related costs, HFC delivers an array of comprehensive wellness programming.

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“Tim’s professional dedication and use of internal and external resources has resulted in a world-class health improvement program,” commented Katherine Hamlin, Vice President of Account Services for HFC. “We are very proud that he has been honored as a Top 40 under 40 recipient as a result of his elite level of achievement. Additionally, he will play a vital role in the improvement of the health of all Tennesseans as one of the seven Board of Trustees members.

“His outstanding work has been tracked in various research outcomes reports,” Hamlin continued. The research data referred to by Ms. Hamlin tracked a variety of factors, including lifestyle-related medical claims costs of those who participated in wellness programming and those who did not participate. The data indicated that claims by non-wellness program participant increased 48% over the study period. Researchers concluded that participants in the HFC program at Eastman had 30% lower, lifestyle-related medical claim costs compared to non-participants.

In a 2001 study, an Intervention Effectiveness Analysis was initiated to track employees over a five-year period. Results indicated that about 20% of individuals who participated in high-risk counseling improved their blood pressure risk status compared to less than 5% of non-participants. Further, 20% of the individuals who participated in high-risk counseling improved their total cholesterol risk status compared to 7.7% in non-participants. These results were deemed statistically significant.

Researchers concluded participants in a high-risk intervention program made and maintained positive changes in their risk status at a greater rate than that of non-participants. 2004, a follow-up study evaluated pre-and post-HRA data of employees participating in the high-risk counseling program. This study found a statistically significant improvement in key biometric measures, including blood pressure, cholesterol, weight and body mass index.

Based on results such as these Eastman Chemical Company continues to expand its health improvement programming. In 2006, Eastman announced a new health incentive for participation in the HRA and the incentive pushed participation past 93% — a company record and industry record.

About Eastman Chemical Company

Eastman Chemical Company manufactures and markets chemicals, fibers and plastics worldwide. It provides key differentiated coatings, adhesives and specialty plastics products; is the world's largest producer of PET polymers for packaging; and is a major supplier of cellulose acetate fibers. Founded in 1920 and headquartered in Kingsport, Tennessee. Eastman is a FORTUNE 500 company with 2005 sales of \$7 billion and approximately 12,000 employees. For more information about Eastman and its products, visit www.eastman.com.

About HFC

Health Fitness Corporation (HFC) is a leading provider of health management and fitness services for employers, the health care industry, and individual consumers. Through our portfolio of Live for Life branded products and services, we provide the marketplace with a single-source solution for all of their health, wellness, and fitness management needs. HFC delivers its services through 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 HFC please visit: www.hfit.com.

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