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FROM: Health Fitness Corporation
3600 American Blvd West, Suite 560
Minneapolis, Minn. 55431

CONTACT: Debra Marshall, marketing director, 952.897.5235

Leading Health Industry Experts Join HFC's Newly-Launched Science Advisory Board

MINNEAPOLIS, MARCH 15, 2007—Health Fitness Corporation (OTC BB: HFIT), a leading provider of fitness and health management services, recently formed a Science Advisory Board of health industry experts, designed to keep HFC's products and services on the forefront of current and emerging trends.

"We are excited to draw on the expertise of our board members to ensure HFC's innovative programs and services remain of the highest possible quality," said HFC President and CEO Gregg Lehman.

Responsibilities of HFC's Science Advisory Board will include reviewing the quality and relevance of HFC's products and services from scientific and technical perspectives; delivering guidance on the appropriate implementation of products and services; and providing expert peer review to HFC's research programs.

"Members of our Science Advisory Board bring extensive years of research and clinical practice in areas such as nutrition and obesity, exercise and fitness, behavior change, outcomes research and managed care," added HFC Chief Science Officer Pete Egan.

Members of HFC's new Science Advisory Board include:

K. James Ehlen, M.D.—Dr. Ehlen is the chair of Hallelund Health Consulting, a leading health consulting group. He is a physician who practiced in the areas of endocrinology and metabolism for 13 years. Prior to Hallelund, Ehlen occupied a series of executive roles, including CEO of Medica and co-founder/co-CEO of Allina Health System.

Penny M. Kris-Etherton, Ph.D., R.D.—Kris-Etherton is a distinguished professor of nutrition in the Department of Nutritional Sciences at Pennsylvania State University. Her research expertise is cardiovascular nutrition. For more than 20 years, she has conducted many controlled clinical nutrition studies designed to evaluate the role of diet on established and emerging cardiovascular disease risk factors.

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William L. Haskell, Ph. D.—Haskell is a professor of medicine (active emeritus) in the Center for Prevention Research and the Division of Cardiovascular Medicine, School of Medicine at Stanford University. He has been a member of the Stanford University faculty for the past 35 years, with primary interests in the prevention of chronic diseases, especially cardiovascular disease.

Bess H. Marcus, Ph.D.—Marcus is a professor of psychiatry and human behavior at Brown University Medical School and a director of the Brown University Center for Behavioral and Preventive Medicine at Miriam Hospital. Marcus is a clinical health psychologist and her primary research interests include physical activity behavior and the prevention of cardiovascular disease and the promotion of women's health.

Bruce Sherman, M.D., F.C.C.P.—Dr. Sherman is the medical director, global services, for Goodyear Tire & Rubber Company and the director of health and productivity initiatives at the Employers Health Coalition of Ohio. His work involves the development and implementation of customized, integrated strategies to control organizational health care costs and improve workforce productivity.

Peter A. Egan, Ph.D.—Egan is HFC's chief science officer and directs the scientific knowledgebase, interfaces and use of health assessments, and return on investment analyses for clients. He is a co-founder of HealthCalc.Net Inc., which HFC acquired in late 2005. He has specialized in the design and architecture of health and fitness database systems since 1985.

About HFC

Health Fitness Corporation (HFC) 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, HFC partners with employers to effectively manage their health care and productivity costs by improving individual health and well-being. HFC serves more than 400 clients globally via on-site management and remotely via Web and telephonic services. HFC 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. HFC 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 HFC, visit www.hfit.com.