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HEALTH FITNESS CORPORATION COMMENDS EMPLOYERS TO CELEBRATE NATIONAL HEALTH AND FITNESS DAY MAY 16

MINNEAPOLIS, MN — May 15, 2007 — Stretching, gaining strength, going the extra mile--common workplace productivity metaphors will take on a more literal meaning this week as businesses across the country encourage employees to get physical and celebrate National Health and Fitness Day™ Wednesday, May 16.

“Employers and employees both gain when there is an emphasis on the importance of physical fitness in the workplace,” said Gregg Lehman, Ph. D., president and CEO of Health Fitness Corporation (OTC BB: HFIT). HFC is a leading provider of employee health management and fitness programs with more than 400 fitness centers globally. The company offers on-site, Web-based and telephonic health management services. “HFC’s award-winning corporate health and fitness programs will shine a spotlight on employee health this week.”

Established in 1989 by National Association for Health & Fitness, National Health and Fitness Day was created to promote the benefits of physical activity for employees through their work site health promotion activities. The organization encourages employers to tout the positive results of better fitness for employees, such as lower stress, increased well-being, self-image and self-esteem, increased stamina and the potential for losing weight. For employers, the benefits of a healthier workforce include improved productivity, lower health care costs, fewer chronic diseases and injuries, and reduced absenteeism.

National Health and Fitness Day is just one example of an increasing emphasis on employee health and fitness in the workplace. An April survey of 450 U.S. employers by Hewitt Associates revealed that nearly two-thirds plan to take more aggressive steps over the next several years to help employees improve their health through education and other programs.

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On May 9, the National Business Group on Health presented the third annual Best Employers for Healthy Lifestyle Awards, recognizing 41 U.S. employers for their continuing efforts to promote healthy work environments and encourage workers to live healthier lifestyles. According to NBGH, award winners offer a wide variety of wellness and lifestyle improvement programs such as onsite fitness and health clinics; weight management, smoking cessation and tobacco cessation programs; health coaches; Web-based health and fitness tools; financial incentives for participating in fitness programs and health risk assessments.

“More employers than ever recognize that an investment in employee health and fitness can help them overcome many of their health cost and productivity challenges,” Lehman said. “National Health and Fitness Day is a great opportunity to remind employees about the benefits they gain when they live a healthier lifestyle.”

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.

For more information on National Health and Fitness Day go to: <http://www.physicalfitness.org/nehf.html>