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HEALTH FITNESS CORPORATION LAUDS NEW APPOINTMENTS TO FEDERAL PHYSICAL ACTIVITY GUIDELINES COMMITTEE

MINNEAPOLIS, MN — May 8, 2007 — Health Fitness Corporation (OTC BB: HFIT), a leading provider of fitness and health management services, applauds the move by the HHS Secretary Mike Leavitt to assemble the nation’s top experts in physical activity to advise the federal government and write the first national guidelines focusing on physical activity.

“Physical inactivity is at the heart of many of the most common chronic diseases,” said Gregg Lehman, Ph. D., HFC president and CEO. “The committee members are recognized experts and will bring a broad array of knowledge to the table. The guidelines they produce will be an opportunity for schools, communities and businesses to build awareness of the role physical activity plays in our country’s health and productivity.

“HFC works with corporations in all 50 states to help keep employees healthy,” Lehman added. “We have a vested interest in development and recognition of the science behind the benefits of physical activity and health management as we partner with business in corporate health and fitness.”

According to the Centers for Disease Control, the direct medical costs associated with physical inactivity were nearly \$76.6 billion in 2000. Engaging in regular physical activity is associated with taking less medication and having fewer hospitalizations and physician visits.

The Physical Activity Guidelines for Americans will be issued in late 2008. According to HHS, the report will provide science-based recommendations on the latest knowledge about activity and health, with depth and flexibility to target specific population subgroups, such as seniors, children, and persons with disabilities.

HFC, which works with corporations in more than 400 locations nationwide, formed its own Science Advisory Board of health industry experts in March. A member of that board, William L. Haskell, Ph. D., has also been appointed to serve on the new HHS Physical Activity Guidelines Advisory Committee.

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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.

“Dr. Haskell represents the level of expertise HFC is bringing to the table in the development of our products and services as we stay on top of emerging trends in workplace health management,” Lehman said.

To read more about the HFC Science Advisory Board: http://www.hfit.com/cm_files/press_releases/3-15-07HFC-SAB-Launches2.pdf

To read the HHS announcement: <http://www.hhs.gov/news/press/2007pres/04/pr20070427a.html>

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.