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Health Fitness Corporation screens 40,000 workers in first six months of 2007 *Science Advisory Board outlines areas of focus for Research, Development and Outcome Division*

MINNEAPOLIS, MN --Aug. 7, 2007— Health Fitness Corporation (HFC) announced today that it screened nearly 40,000 workers across the country during the first half of 2007—an increase of 77.4 percent over the same period in 2006.

What's more, the 39,853 workers screened between January and June 2007 represent a jump of 167 percent over the same period in 2005, the first year HFC (OTC BB: HFIT) began to manage comprehensive health screenings for its corporate clients. The company will manage roughly 750 screening events this year at client work sites in nearly every state.

HFC is a leading provider of employee health management programs. Managing more than 400 fitness centers globally, the company also offers a suite of health management services on-site, Web-based and telephonically.

“We are seeing more clients use biometric screenings along with health risk assessment tools so workers have a clear measurement of their current health risks,” said Gregg Lehman, Ph.D., president and CEO of HFC. “In about 20 minutes workers receive accurate, immediate results and have a feedback session with a qualified expert to capitalize on the ‘teachable moment.’ That motivates the participant to improve their health.”

Standard HFC screenings include body mass index, blood pressure, total cholesterol (with HDL/LDL cholesterol breakdown), triglycerides and blood sugar levels. Screenings take place at the worksite and results are confidential. HFC uses the combined results of the screening and health risk assessment to guide participants towards Health Fitness Corporation's suite of education, fitness and health coaching programs designed to reduce health risk factors.

(More)

On-the-spot health screenings increase participant engagement in health management programs, Lehman said. A survey this year of 18,280 HFC screening participants revealed that 96.4 percent felt the screening helped them to better understand their health status and resources available to improve their health. Some 98.2 percent said they plan to take steps towards changing unhealthy behaviors that lead to health risks.

“Self-reported information about cholesterol or other values may not be accurate, but worksite screenings give true, immediate numbers that can get a person’s attention,” he said. “Motivation is key to longer term engagement in the many activities HFC offers employees for health improvement, including on-site fitness center and health risk reduction programs and health coaching.”

The increase in screening figures aligns with HFC’s ongoing efforts to engage more people in its health management programs. Greater participation leads to better employee population health and lower health care costs for employers. Last week, HFC’s Science Advisory Board convened for its first bi-annual face-to-face meeting, delving into three major areas for study and discussion. The panel of health industry experts focused on increasing participant engagement, incentive design, and the importance of integrating services (such as disease management, nurse line, and health management programs) along the continuum of care.

“Health screenings provide value because they are a tool to link participants to the programs that will help them the most,” Lehman said. “The rapid increase in the number of screenings we’ve completed is phenomenal, but the number of lives we are moving towards better health is even more remarkable.”

For Further Reading: http://www.hfit.com/about/press_releases.cfm

About Health Fitness Corporation

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 300 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.