



## FOR IMMEDIATE RELEASE

**FROM:** Health Fitness Corporation  
3600 American Boulevard West, Suite 560  
Minneapolis, Minnesota 55431

**CONTACT:** Michael Zdychnec  
Vice President, Marketing  
952.897.5235  
Michael.zdychnec@hfit.com

### **HEALTH FITNESS CORPORATION TO OPERATE EMPLOYEE HEALTH FITNESS CENTER FOR GUIDANT CORPORATION**

**MINNEAPOLIS, MN – September 14, 2005.** Health Fitness Corporation (OTC BB: HFIT) announced today that it has been selected by Guidant Corporation to operate its onsite employee fitness center for its Cardiac Rhythm Management division located in St. Paul, MN.

To earn this corporation's confidence to improve the health and well-being of their employees and to be its partner in offering this important employee benefit is an honor and an opportunity for HFC," said Health Fitness President and CEO Jerry Noyce.

"One of Guidant's priorities is to look for ways to offer our employees innovative opportunities to integrate health and wellness activities into their lives," said Barb Reindl, vice president, Human Resources, Guidant Cardiac Rhythm Management. "We are pleased to partner with Health Fitness Corporation to provide this exciting new service to our employees."

The professionally staffed and managed HFC Health Fitness Center features an array of strength and cardio exercise equipment, group activity classes, and a wide variety of wellness and specialty programs.

Guidant Corporation pioneers lifesaving technology, giving an opportunity for better life today to millions of cardiac and vascular patients worldwide. The company, driven by a strong entrepreneurial culture of more than 12,000 employees, develops, manufactures, and markets a broad array of products and services that enable less invasive care for some of life's most threatening medical conditions. For more information, visit [www.guidant.com](http://www.guidant.com).

Health Fitness Corporation is the leading provider of results-oriented health management and fitness services to corporations, hospitals, universities and communities. HFC has been serving clients since 1975 and manages over 400 sites across the U.S. and Canada. For more information about Health Fitness Corporation, go to [www.hfit.com](http://www.hfit.com).