

FOR IMMEDIATE RELEASE

FROM: HealthFitness
1650 West 82nd Street, Suite 1100
Minneapolis, MN 55431
952.831.6830

CONTACT: Karla Hurter, 703.319.0957 Health2 Resources, khurter@health2resources.com

HealthFitness expands sites currently under management for fitness services *HealthFitness adds more than 10 new or expanded client fitness sites during past 12 months.*

MINNEAPOLIS, MN Oct. 1, 2008—HealthFitness continues to grow its fitness management segment, delivering fitness facility design and development and innovative health promotion programming to more than 10 new or expanded sites during the past 12 months. HealthFitness (OTC BB: HFIT) is an award-winning provider of integrated fitness management and health promotion for on-site and dispersed employee populations.

“Our clients view investing in their workforce as an important strategic action to enhance their corporate competitiveness,” said Gregg O. Lehman, Ph.D., president and CEO of HealthFitness. “By providing easy access to on-site fitness centers and health improvement programming, employers empower employees to maintain their health and reduce health risks and absenteeism—which can significantly reduce structural costs.”

Studies show employers with multi-faceted health management programs, including a fitness component, are able to positively affect the health conditions that most impact employee productivity and the bottom line—back and neck pain, depression, fatigue, chronic pain, sleep problems, high cholesterol, high blood pressure and obesity.¹

Some of the new or expanded sites under management by HealthFitness during the past 12 months include:

Lockheed Martin–Deer Creek

HealthFitness transitioned into full-time fitness management services offered at Lockheed Martin’s 5,000-square-foot center in Littleton, Colo. With its headquarters in Bethesda, Md., Lockheed Martin is a global security company that employs about 140,000 people worldwide and is principally engaged in the research, design, development, manufacture, integration and sustainment of advanced technology systems, products and services.

Kimberly-Clark

Kimberly-Clark, a global health and hygiene manufacturer, selected HealthFitness to take over management of the health and fitness program at its Neenah, Wis., location last November after many years of managing the program internally. The 30,000-square-foot facility includes a variety of cardiovascular and strength-training equipment and a 25-meter swimming pool with a whirlpool, sauna and steam room.

-MORE-

Schering-Plough Corporation

Schering-Plough, a worldwide, research-based pharmaceutical company, selected HealthFitness to design and develop an on-site facility and to implement associated health and fitness programs for its campus location in Summit, N.J. The 10,000-square-foot center held its grand opening in January 2008.

HealthNow

HealthNow, a diversified health benefits and information company, selected HealthFitness as its partner of choice to manage its new 8,500-square-foot fitness facility at its Buffalo, N.Y., corporate headquarters. The center, which opened in 2007, currently has a 60 percent active participation rate.

About HealthFitness

HealthFitness 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, HealthFitness partners with employers to effectively manage their health care and productivity costs by improving individual health and well-being. HealthFitness serves more than 300 clients globally via on-site management and remotely via Web and telephonic services. HealthFitness 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. HealthFitness 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 HealthFitness, visit www.hfit.com.

¹Loeppke, MD, MPH, Ronald, Michael Taitel, PhD, Dennis Richling, MD, Thomas Parry, PhD, Ronald C. Kessler, PhD, Pam Hymel, MD, MPH, Doris Konicki, MHS. "Health and Productivity as a Business Strategy." *Journal of Occupational and Environmental Medicine* 49(2007): 712-721.