

## FOR IMMEDIATE RELEASE

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### **HealthFitness Clients Win American Heart Association Fit-Friendly Award**

*HealthFitness congratulates eight clients that received the Gold Fit-Friendly status in September.*

**MINNEAPOLIS, MN Oct. 7, 2008**—This September the American Heart Association recognized eight HealthFitness (OTC BB: HFIT) clients with Gold Fit-Friendly status awards for championing the health of their employees by creating a culture of health in the workplace.

Awarded twice a year, the American Heart Association gives the Gold Fit-Friendly status to companies that offer employees physical activity support, increase healthy eating options at work, promote a wellness culture, and implement physical and nutrition activities.

“The American Heart Association awards are given to select companies that inspire healthy changes through new and innovative ways,” Gregg O. Lehman, Ph.D., said. “We’re thrilled to be able to partner with our clients to implement a culture of health that engages their unique population in behaviors to reduce absenteeism and health care costs at their worksite.”

Some of the HealthFitness clients that received the American Heart Association’s Gold Fit-Friendly Award include: American Electric Power, Boston Scientific Corporation, Cisco, GM Wilmington Assembly, GE-Transportation in Erie, Pa., HSBC-North America, and Mosaic Company (Florida).

#### **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](http://www.hfit.com).

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