

FOR IMMEDIATE RELEASE

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Health Fitness Corporation Announces Alignment of Capabilities to Meet Evolving Market Needs

MINNEAPOLIS, MN, March 15, 2005 — Health Fitness Corporation (OTC Bulletin Board: HFIT) today announced plans to align its health and fitness management business into two operating units — Fitness Management Services and Health Management Services.

“We have completed the integration of the Johnson & Johnson Health and Fitness Division acquired last year and we are aligning our organization to best serve our clients in both fitness and health management” said company CEO and President Jerry Noyce. “This alignment provides an even greater platform to bring our clients the resources, products and services to meet their needs in reducing rising health care costs.”

HFC’s corporate fitness management business, which now manages worksite, community, and university fitness centers throughout the U.S. and Canada, will continue to be led by Jim Narum and Dave Hurt, National Vice Presidents of Account Services for Fitness Management. They will work closely with Katherine Hamlin, currently Vice President of Marketing, who becomes National Vice President of Account Services for Health Management, and will assume responsibility for worksite health management locations. “Katherine has done an outstanding job of leading our Marketing and Strategic Development since joining HFC from Johnson & Johnson in 2003. She has more than 20 years experience working with hundreds of clients in the design, development, implementation and delivery of health management initiatives,” Noyce said.

Health Fitness Corporation is the leading provider of results-oriented health improvement services to corporations, hospitals, universities and communities. Serving clients since 1975, HFC delivers fitness and health management services at more than 400 sites across the U.S. and Canada. For more information about Health Fitness Corporation, go to www.hfit.com.

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