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HealthFitness Attains NCQA Wellness & Health Promotion Accreditation

Minneapolis, MN - (December 8, 2009)—Health Fitness Corporation (NYSE Amex: FIT), a leading provider of integrated employee health and productivity management solutions, today announced it has received Wellness & Health Promotion Accreditation from the National Committee for Quality Assurance (NCQA), a private, non-profit organization dedicated to improving health care quality.

NCQA Wellness & Health Promotion Accreditation is a nationally recognized evaluation that purchasers and consumers can use to assess wellness and health promotion programs. NCQA Wellness & Health Promotion Accreditation comprehensively evaluates key areas of health promotion, including how wellness programs are implemented in the workplace, how services such as health coaching are provided to help eligible individuals develop skills to make healthy choices and how sensitive health information of eligible individuals is properly safeguarded.

NCQA Wellness & Health Promotion Accreditation standards are purposely set high to encourage wellness and health promotion organizations to continually enhance their quality measures. No other comparable evaluation exists for wellness and health promotion programs.

“HealthFitness works everyday to provide the highest level of service to the people we serve,” said Gregg O. Lehman, Ph.D., president and chief executive officer, HealthFitness. “We are proud that our programs and services to support and enhance employee health and well-being have met the standards for NCQA Wellness & Health Promotion Accreditation.”

“NCQA’s Wellness & Health Promotion Accreditation requires organizations to demonstrate their compliance with well-defined standards and quality measures,” said Margaret E. O’Kane, NCQA President. “The NCQA seal will provide employers and consumers with the information they need to choose the best program in their markets.”

About HealthFitness

HealthFitness is a leading provider of integrated employee health improvement services to Fortune 500 companies, the health care industry and individual consumers. With 30-plus years of experience, HealthFitness partners with employers to effectively manage health care and productivity costs by improving individual health and well-being. HealthFitness provides a portfolio of health and fitness management solutions, including best-in-class integration, INSIGHT® Health Risk Assessments, screenings, EMPOWERED™ Health Coaching, and fitness facility design and management. For more information on HealthFitness, visit www.hfit.com.

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