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HEALTH FITNESS CORP MOVES UP SHARPLY IN CLUB INDUSTRY ASSOCIATION RANKINGS

MINNEAPOLIS, August 2, 2005 — Health Fitness Corporation (OTC BB: HFIT) is among the largest and most successful health and fitness companies in the U.S., according to a newly released ranking by Club Business International, the official monthly magazine published by the International Health, Racquet & Sportsclub Association (IHRSA).

In the annual “Global 25” survey conducted by the *IHRSA* magazine, Health Fitness Corporation (HFC) ranks third among the country’s top 25 health and fitness companies in the category of unit growth with a total of 400 units under management at the end of 2004 versus 200 units the year before—a 100 percent increase. The company’s five-year unit growth—from 129 units to 400, placed it in fifth place among the Global 25. In total members served by its clubs, a category that includes such global companies as Curves International and Bally Total Fitness Corporation, HFC ranked twenty first with 220,000 members as of the end of last year.

In the category of year to year revenue growth over the past two years, the survey listed HFC as the fifth most successful company in this category with 2004 revenues of \$53 million, up 66 percent increase of \$32 million in revenues the prior year.

About the Company

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