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Several HealthFitness Clients Earn National Recognition for Employee Health Initiatives
Employers demonstrated commitment to making employee health and well-being a priority

MINNEAPOLIS (June 26, 2009) — HealthFitness (NYSE Amex: FIT) today announced several of its large clients had earned national recognition as “2009 Best Employers for Healthy Lifestyles” by the National Business Group on Health (NBGH).

According to the Washington, D.C.-based NBGH, winners of the fifth annual awards were “recognized for their exceptional commitment to a healthy workplace and for helping their employees and families make better choices about their own health and well being.”

Best employers were honored in one of three categories: Platinum, for established “Healthy Weight, Healthy Lifestyles” programs with measurable success and documented outcomes; Gold, for creating cultural and environmental changes that support employees who are committed to long-term behavior changes; and Silver, for employers who have launched programs or services to promote living a healthier lifestyle.

Some of HealthFitness’ clients earning this year’s recognition and their award categories include:

- Platinum: Cigna, FPL Group, IBM, Occidental Petroleum Corporation and Texas Instruments Incorporated
- Gold: Pfizer, Inc.
- Silver: ARAMARK, Cardinal Health, Inc., and The Home Depot

“We congratulate and commend these clients on achieving this prestigious recognition,” said Gregg O. Lehman, president and CEO, HealthFitness. “It proves that when employers consider employee health an investment rather than an expense, the return on that investment can be clearly measured not only in dollars, but in the improvement of employees’ lives.”

The awards were presented June 24 during the NBGH’s Joint Summit of the Institutes on Health Care Costs and Solutions and the Costs and Health Effects of Obesity in Arlington, Va.

About HealthFitness

HealthFitness is an award-winning provider of integrated health promotion and fitness management solutions 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 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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