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HEALTH FITNESS CORPORATION TO OPERATE EMPLOYEE HEALTH FITNESS CENTER FOR MERCEDES-BENZ USA

MINNEAPOLIS, MN — May 1, 2003. Health Fitness Corporation (OTC BB: HFIT) announced today that it has been selected by Mercedes-Benz USA to operate its onsite employee fitness center in Montvale, New Jersey.

“Mercedes is a company with a renowned reputation for quality. To earn this corporation’s confidence to improve the health and well-being of their employees and to be its partner in offering this important employee benefit is an honor and an opportunity for HFC,” said Health Fitness President and CEO Jerry Noyce.

“Our onsite fitness center is one of the benefits we offer employees that is very well received, and we believe Health Fitness Corporation’s services will only make it an even more attractive proposition to our employees,” said Ulrike Hildebrand, MBUSA’s general manager of human resources.

The professionally staffed and managed HFC Health Fitness Center features an array of strength and cardio exercise equipment, group activity classes, professional trainers, and a wide variety of wellness and specialty programs.

Mercedes-Benz USA, headquartered in Montvale, New Jersey near New York City, is responsible for the sales, service and marketing of Mercedes-Benz products in the United States. The company employs just over 1,500 employees in approximately 20 locations nationwide. MBUSA sold 213,225 vehicles in the United States in 2002, setting the highest sales volume ever in its history for its sixth consecutive record-breaking year.

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Health Fitness Corporation is the leading provider of results-oriented fitness, assessment, wellness, and occupational health services to corporations, hospitals, universities and communities. HFC has been serving clients since 1975 and manages 200 sites across the United States and Canada. For more information about Health Fitness Corporation, go to www.hfit.com.

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