



FOR IMMEDIATE RELEASE

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HealthFitness Announces \$2.5 Million Stock Repurchase Plan

Minneapolis (March 24, 2008) -- Health Fitness Corporation (OTC BB: HFIT) today announced that its board of directors has authorized a plan to repurchase up to \$2.5 million of the company's outstanding common shares. Under the plan, the company may repurchase shares on the open market in amounts and at times deemed appropriate by management and in accordance with Securities and Exchange Commission Rule 10b-18 and other pertinent rules and regulations. The share repurchase plan is effective on April 1, 2008 and will continue for a period of six months, subject to the Company's right to announce earlier termination or an extension of the plan. The company's insiders will be prohibited from trading in the company's stock throughout the duration of the plan.

Share repurchases will be funded by the company's available working capital. The timing of any such repurchases under the plan will depend on price, market conditions and applicable regulatory requirements. As of March 24, 2008, Health Fitness Corporation had 20,255,834 common shares outstanding.

About Health Fitness Corporation

Health Fitness Corporation is a leading provider of integrated employee health and productivity management solutions to Fortune 500 companies, the health care industry and individual consumers. Serving clients for more than 30 years, Health Fitness Corporation partners with employers to effectively manage their health care and productivity costs by improving individual health and well-being. Health Fitness Corporation serves more than 300 clients globally via on-site management and remotely via Web and telephonic services. Health Fitness Corporation provides a complete portfolio of health and fitness management solutions including a proprietary health risk assessment platform, screenings, EMPOWERED™ Health Coaching and delivery of health improvement programs. Health Fitness Corporation employs more than 3,000 health and fitness professionals in national and international locations who are committed to the company's mission of "improving the health and well-being of the people we serve." For more information on Health Fitness Corporation, visit www.hfit.com.