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HealthFitness President Gregg O. Lehman Named to DMAA Board of Directors

Industry group selects Lehman to help lead efforts to promote population health improvement

MINNEAPOLIS (Sept. 22, 2009)—DMAA: The Care Continuum Alliance named Gregg O. Lehman, Ph.D., HealthFitness president and chief executive officer, to its board of directors Sept. 21. Health Fitness Corporation (NYSE Amex: FIT) is a leading provider of integrated employee health and productivity management solutions.

DMAA is an industry association focused on promoting the role of population health improvement in raising the quality of care, improving health outcomes and reducing preventable health care costs. Lehman's term on the DMAA Board of Directors began Sept. 21, 2009.

"Our board is made up of influential stakeholders who recognize the importance of emphasizing healthful behaviors and evidence-based care in preventing and managing chronic conditions," Tracey Moorhead, DMAA president and chief executive officer, said. "We're delighted to have Gregg, who is such a strong leader in the wellness community, join our board."

DMAA members include wellness, disease and care management organizations, pharmaceutical manufacturers, health information technology innovators, biotechnology innovators, employers, physicians, researchers and academicians.

"I look forward to contributing to the DMAA Board of Directors during this exciting time in health care reform and having the opportunity to influence DMAA's efforts with advocacy, research and the promotion of best practices with population health strategies," Lehman said.

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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