



FOR IMMEDIATE RELEASE

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HEALTH FITNESS CORPORATION AND BEST BUY CELEBRATE GRAND OPENING OF THE WELLNESS CENTER AT NEW CORPORATE CAMPUS

MINNEAPOLIS, MINNESOTA, June 4, 2003 — Health Fitness Corporation (OTC BB: HFIT) today celebrated the grand opening of the Wellness Center at Best Buy’s new corporate campus. The 16,000 square foot center is on the main level of the 1.5 million square foot facility in suburban Richfield and serves more than 5,000 Best Buy employees and contract staff.

“The on-site fitness center and wellness program were designed with employees in mind — to harbor increased productivity, increased retention, increased pride and ultimately a more efficient organization,” said Cindy Laughlin, Human Resources Senior Manager at Best Buy.

“Best Buy is one of the retail industry’s great success stories and one of Minnesota’s leading companies,” commented Jerry Noyce, President and CEO of Health Fitness Corporation (HFC). “The HFC Wellness Zone provides us a wonderful opportunity to deliver fitness and wellness services to their employees to help them achieve their personal health goals in a fun, exciting environment. To be part of their new world headquarters is a very exciting opportunity for HFC in our headquarters market.”

The professionally HFC-staffed and managed Wellness Zone features a wide array of state-of-the-art strength and cardio exercise equipment and outdoor basketball and volleyball courts. The center also offers individual fitness assessments and exercise prescriptions, wellness education and group fitness classes, health risk assessments, and web-based fitness tracking and family self-care information. Specialty services include: personal training, nutrition and weight loss, massage, back care, a walking program and many other fitness and wellness programs.

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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, visit www.hfit.com.



Jerry Noyce, President and CEO of Health Fitness Corporation (HFC), assists Dick Schultz, Best Buy Chairman and Founder, with ribbon cutting for the Grand Opening of the Wellness Zone, a state-of-the-art wellness center located on Best Buy's new corporate campus in Richfield, Minnesota.



The coordination of the Wellness Zone opening was a concerted effort between Health Fitness Corporation (HFC) and Best Buy.

Pictured at left (from left to right):

Angie Bohaty • Program Manager, HFC
Jerry Noyce • President and CEO, HFC
Cindy Laughlin • Senior Diversity Manager, Best Buy
Tim Watts • Work/Life Specialist, Best Buy
Marci Huberty • HR Project Leader, Best Buy
Cali Ressler • Work/Life Specialist, Best Buy
Jim Narum • Senior VP, Business Development, HFC
Sarah Nichols • Regional Vice President, HFC