

CRAWFORD JEANNE C

Form 4

February 10, 2009

**FORM 4****UNITED STATES SECURITIES AND EXCHANGE COMMISSION  
Washington, D.C. 20549**

Check this box  
if no longer  
subject to  
Section 16.  
Form 4 or  
Form 5  
obligations  
may continue.  
*See* Instruction  
1(b).

**STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF  
SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934,  
Section 17(a) of the Public Utility Holding Company Act of 1935 or Section  
30(h) of the Investment Company Act of 1940

## OMB APPROVAL

OMB  
Number: 3235-0287  
Expires: January 31,  
2005  
Estimated average  
burden hours per  
response... 0.5

(Print or Type Responses)

1. Name and Address of Reporting Person \*  
CRAWFORD JEANNE C

(Last) (First) (Middle)

1650 WEST 82ND STREET, SUITE  
1100

(Street)

MINNEAPOLIS, MN 55431

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading  
Symbol  
Health Fitness Corp /MN/ [FIT]

3. Date of Earliest Transaction  
(Month/Day/Year)

02/06/2009

4. If Amendment, Date Original  
Filed(Month/Day/Year)

5. Relationship of Reporting Person(s) to  
Issuer

(Check all applicable)

\_\_\_\_ Director \_\_\_\_ 10% Owner  
\_X\_ Officer (give title below) \_\_\_\_ Other (specify  
below)

Chief HR Officer &amp; Secy.

6. Individual or Joint/Group Filing(Check  
Applicable Line)  
\_X\_ Form filed by One Reporting Person  
\_\_\_\_ Form filed by More than One Reporting  
Person

**Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned**

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common Stock	02/06/2009		M	V Amount (A) or (D) Price 7,500 A \$ 0.78	17,896	D	
Common Stock	02/06/2009		F	2,721 D \$ 2.13	15,175 <sup>(1)</sup>	D	

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

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SEC 1474  
(9-02)

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**Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned**  
(e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	4. Transaction Code (Instr. 8)	5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)	6. Date Exercisable and Expiration Date (Month/Day/Year)		7. Title and Amount of Underlying Securities (Instr. 3 and 4)	
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares
Employee Stock Option (Right to Buy)	\$ 0.78 <sup>(2)</sup>	02/06/2009		M	7,500	<sup>(2)</sup>	02/10/2009	Common Stock	7,500 <sup>(2)</sup>
Employee Stock Option (Right to Buy)	\$ 1.38 <sup>(3)</sup>					<sup>(3)</sup>	07/25/2013	Common Stock	5,000 <sup>(3)</sup>
Employee Stock Option (Right to Buy)	\$ 4.14 <sup>(4)</sup>					<sup>(4)</sup>	03/10/2014	Common Stock	7,500 <sup>(4)</sup>
Employee Stock Option (Right to Buy)	\$ 4.54 <sup>(5)</sup>					<sup>(5)</sup>	12/15/2010	Common Stock	10,000 <sup>(5)</sup>
Employee Stock Option (Right to Buy)	\$ 5.24 <sup>(6)</sup>					<sup>(6)</sup>	02/24/2011	Common Stock	3,750 <sup>(6)</sup>
Employee Stock Option (Right to Buy)	\$ 5.38 <sup>(7)</sup>					<sup>(7)</sup>	01/24/2012	Common Stock	15,000 <sup>(7)</sup>
Employee Stock Option	\$ 5.94 <sup>(8)</sup>					<sup>(8)</sup>	02/26/2013	Common Stock	11,250 <sup>(8)</sup>

(Right to  
Buy)

Employee  
Stock

Option \$ 5.22 <sup>(9)</sup>

(Right to  
Buy)

<sup>(9)</sup>

02/26/2014

Common 11,250  
Stock <sup>(9)</sup>

## Reporting Owners

Reporting Owner Name / Address	Relationships
	Director    10% Owner    Officer    Other
CRAWFORD JEANNE C 1650 WEST 82ND STREET SUITE 1100 MINNEAPOLIS, MN 55431	Chief HR Officer & Secy.

## Signatures

/s/ Wesley W. Winnekins as Attorney-in-Fact for Jeanne C. Crawford pursuant to Power of Attorney previously filed

02/10/2009

\_\_Signature of Reporting Person

Date

## Explanation of Responses:

- \* If the form is filed by more than one reporting person, *see* Instruction 4(b)(v).
- \*\* Intentional misstatements or omissions of facts constitute Federal Criminal Violations. *See* 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) On 10/6/08, the Company completed a one-for-two reverse stock split. All common stock amounts and exercise prices in the filing relating to securities acquired prior to 10/6/08 have been adjusted to reflect the one-for-two stock split.
  - (2) This option was previously reported as covering 15,000 shares at an exercise price of \$0.39, but was adjusted to reflect the stock split that occurred on 10/6/08. This option is fully vested.
  - (3) This option was previously reported as covering 10,000 shares at an exercise price of \$0.69, but was adjusted to reflect the stock split that occurred on 10/6/08. This option is fully vested.
  - (4) This option was previously reported as covering 15,000 shares at an exercise price of \$2.07, but was adjusted to reflect the stock split that occurred on 10/6/08. This option is fully vested.
  - (5) This option was previously reported as covering 20,000 shares at an exercise price of \$2.27, but was adjusted to reflect the stock split that occurred on 10/6/08. This option is fully vested.
  - (6) This option was previously reported as covering 7,500 shares at an exercise price of \$2.62, but was adjusted to reflect the stock split that occurred on 10/6/08. Now exercisable in annual increments of 937 shares commencing 2/24/06.
  - (7) This option was previously reported as covering 30,000 shares at an exercise price of \$2.69, but was adjusted to reflect the stock split that occurred on 10/6/08. Now exercisable in annual increments of 3,750 shares commencing 1/24/07.
  - (8) This option was previously reported as covering 22,500 shares at an exercise price of \$2.97, but was adjusted to reflect the stock split that occurred on 10/6/08. Now exercisable in annual increments of 2,812 shares commencing 2/26/08.
  - (9) This option was previously reported as covering 22,500 shares at an exercise price of \$2.61, but was adjusted to reflect the stock split that occurred on 10/6/08. Now exercisable in annual increments of 2,812 shares commencing 2/26/09.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *see* Instruction 6 for procedure.

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