

Edgar Filing: HEALTH FITNESS CORP /MN/ - Form 8-K

HEALTH FITNESS CORP /MN/
Form 8-K
January 18, 2005

SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

FORM 8-K

CURRENT REPORT
Pursuant to Section 13 or 15(d) of the
Securities Exchange Act of 1934

Date of Report (Date of earliest event reported): January 14, 2005

Health Fitness Corporation
(Exact name of Registrant as Specified in its Charter)

Minnesota
(State or Other Jurisdiction of Incorporation)

0-25064
(Commission File Number)

41-1580506
(IRS Employer
Identification No.)

3600 American Boulevard W., Suite 560
Minneapolis, Minnesota 55431
(Address of Principal Executive Offices and Zip Code)

(952) 831-6830
(Registrant's telephone number, including area code)

Not Applicable
(Former Name or Former Address, if Changed Since Last Report)

Check the appropriate box below if the Form 8-K filing is intended to simultaneously satisfy the filing obligation of the registrant under any of the following provisions:

- Written communications pursuant to Rule 425 under the Securities Act (17 CFR 230.425)
- Soliciting material pursuant to Rule 14a-12 under the Exchange Act (17 CFR 240.14a-12)
- Pre-commencement communications pursuant to Rule 14d-2(b) under the Exchange Act (17 CFR 240.14d-2(b))
- Pre-commencement communications pursuant to Rule 13e-4(c) under the Exchange Act (17 CFR 240.13e-4(c))

ITEM 8.01 OTHER EVENTS

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On January 14, 2005, Health Fitness Corporation ("HFC") (OTC BB: HFIT) issued a press release announcing that the January issue of Twin Cities Business Monthly, the Upper Midwest's largest circulation business magazine, contains a profile of HFC that reviews the company's recent growth and its expanded strategic direction. The full text of the press release is set forth in Exhibit 99.1 attached hereto and is incorporated in this Current Report as if fully set forth herein.

ITEM 9.01 FINANCIAL STATEMENTS AND SCHEDULES

- (a) Financial statements: None.
- (b) Pro forma financial information: None.
- (c) Exhibits:
Exhibit 99.1 Press release dated January 14, 2005.

SIGNATURES

Pursuant to the requirements of the Securities Exchange Act of 1934, the Registrant has duly caused this report to be signed on its behalf by the undersigned hereunto duly authorized.

HEALTH FITNESS CORPORATION

By /s/ Wesley W. Winnekins

Wesley Winnekins
Chief Financial Officer

Date: January 17, 2005

SECURITIES AND EXCHANGE COMMISSION
WASHINGTON, D.C. 20549

HEALTH FITNESS CORPORATION
EXHIBIT INDEX TO FORM 8-K

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HEALTH FITNESS CORPORATION

Exhibit Number	Description
99.1	Press release dated January 14, 2005.

