

Keller Linda Hall  
Form 4  
April 27, 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 \*  
Keller Linda Hall

(Last) (First) (Middle)

3620 EILEEN STREET

(Street)

ORONO, MN 55359

(City) (State) (Zip)

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

3. Date of Earliest Transaction  
(Month/Day/Year)  
04/24/2009

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

5. Relationship of Reporting Person(s) to  
Issuer

(Check all applicable)

☒ Director ☐ 10% Owner  
☐ Officer (give title below) ☐ Other (specify below)

6. Individual or Joint/Group Filing(Check  
Applicable Line)  
☒ 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<br>Security<br>(Instr. 3) | 2. Transaction Date<br>(Month/Day/Year) | 2A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 3. Transaction<br>Code<br>(Instr. 8) | 4. Securities<br>Acquired (A) or<br>Disposed of (D)<br>(Instr. 3, 4 and 5) | 5. Amount of<br>Securities<br>Beneficially<br>Owned<br>Following<br>Reported<br>Transaction(s)<br>(Instr. 3 and 4) | 6. Ownership<br>Form: Direct<br>(D) or<br>Indirect (I)<br>(Instr. 4) | 7. Nature of<br>Ownership<br>(Instr. 4) |
|---------------------------------------|-----------------------------------------|-------------------------------------------------------------|--------------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------|
| Common<br>Stock                       | 04/24/2009                              |                                                             | M                                    | 6,000 A \$ 1                                                               | 28,000 <sup>(1)</sup>                                                                                              | D                                                                    |                                         |

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

**Persons who respond to the collection of  
information contained in this form are not  
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SEC 1474  
(9-02)

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

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| 1. Title of<br>Derivative<br>Security<br>(Instr. 3) | 2. Conversion<br>or Exercise<br>Price of<br>Derivative<br>Security | 3. Transaction Date<br>(Month/Day/Year) | 3A. Deemed<br>Execution Date, if<br>any<br>(Month/Day/Year) | 4. Transaction<br>Code<br>(Instr. 8) | 5. Number<br>of Derivative<br>Securities<br>Acquired<br>(A) or<br>Disposed of<br>(D)<br>(Instr. 3, 4,<br>and 5) | 6. Date Exercisable and<br>Expiration Date<br>(Month/Day/Year) |     | 7. Title and Amount of<br>Underlying Securities<br>(Instr. 3 and 4) |                    | 8. D<br>S<br>(I |                                        |
|-----------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------|-------------------------------------------------------------|--------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|-----|---------------------------------------------------------------------|--------------------|-----------------|----------------------------------------|
|                                                     |                                                                    |                                         |                                                             | Code                                 | V                                                                                                               | (A)                                                            | (D) | Date<br>Exercisable                                                 | Expiration<br>Date | Title           | Amount<br>or<br>Number<br>of<br>Shares |
| Stock<br>Option<br>(Right to<br>Buy)                | \$ 1 <u>(2)</u>                                                    | 04/24/2009                              |                                                             | M                                    |                                                                                                                 | 6,000                                                          |     | 05/16/2003                                                          | 05/16/2009         | Common<br>Stock | 6,000<br><u>(2)</u>                    |
| Stock<br>Option<br>(Right to<br>Buy)                | \$ 3.1 <u>(3)</u>                                                  |                                         |                                                             |                                      |                                                                                                                 |                                                                |     | 05/16/2004                                                          | 05/16/2010         | Common<br>Stock | 7,500<br><u>(3)</u>                    |
| Stock<br>Option<br>(Right to<br>Buy)                | \$ 5.1 <u>(4)</u>                                                  |                                         |                                                             |                                      |                                                                                                                 |                                                                |     | 05/16/2005                                                          | 05/16/2011         | Common<br>Stock | 7,500<br><u>(4)</u>                    |
| Stock<br>Option<br>(Right to<br>Buy)                | \$ 3.9 <u>(5)</u>                                                  |                                         |                                                             |                                      |                                                                                                                 |                                                                |     | 05/16/2006                                                          | 05/16/2012         | Common<br>Stock | 7,500<br><u>(5)</u>                    |
| Stock<br>Option<br>(Right to<br>Buy)                | \$ 5.66 <u>(6)</u>                                                 |                                         |                                                             |                                      |                                                                                                                 |                                                                |     | 05/16/2007                                                          | 05/16/2013         | Common<br>Stock | 7,500<br><u>(6)</u>                    |
| Stock<br>Option<br>(Right to<br>Buy)                | \$ 4.3 <u>(7)</u>                                                  |                                         |                                                             |                                      |                                                                                                                 |                                                                |     | 05/29/2008                                                          | 05/29/2014         | Common<br>Stock | 7,500<br><u>(7)</u>                    |

## Reporting Owners

| Reporting Owner Name / Address                             | Relationships |           |         |       |
|------------------------------------------------------------|---------------|-----------|---------|-------|
|                                                            | Director      | 10% Owner | Officer | Other |
| Keller Linda Hall<br>3620 EILEEN STREET<br>ORONO, MN 55359 | X             |           |         |       |

## Signatures

/s/ Wesley W. Winnekins as Attorney-In-Fact for Linda Hall Keller pursuant to Power of Attorney previously filed

04/27/2009

\_\_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 12,000 shares at an exercise price of \$.50, but was adjusted to reflect the stock split that occurred on 10/6/08.
- (3) This option was previously reported as covering 15,000 shares at an exercise price of \$1.55, but was adjusted to reflect the stock split that occurred on 10/6/08.
- (4) This option was previously reported as covering 15,000 shares at an exercise price of \$2.55, but was adjusted to reflect the stock split that occurred on 10/6/08.
- (5) This option was previously reported as covering 15,000 shares at an exercise price of \$1.95, but was adjusted to reflect the stock split that occurred on 10/6/08.
- (6) This option was previously reported as covering 15,000 shares at an exercise price of \$2.83, but was adjusted to reflect the stock split that occurred on 10/6/08.
- (7) This option was previously reported as covering 15,000 shares at an exercise price of \$2.15, but was adjusted to reflect the stock split that occurred on 10/6/08.

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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