

Health Fitness Corp /MN/  
Form 8-K  
October 22, 2008

**UNITED STATES  
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): October 21, 2008**

**HEALTH FITNESS CORPORATION**

(Exact name of registrant as specified in its charter)

**Minnesota**  
(State or other jurisdiction  
of incorporation)

**001-34199**  
(Commission  
File Number)

**41-1580506**  
(IRS Employer  
Identification No.)

**1650 W. 82nd Street, Suite 1100**  
**Bloomington, Minnesota**  
(Address of principal executive offices)

**55431**  
(Zip Code)

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

**N/A**

(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))
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**Item 8.01 Other Events.**

On October 22, 2008, the common stock of Health Fitness Corporation (the Company ) became listed on the NYSE Alternext US LLC and began trading under the symbol FIT. On October 21, 2008, the Company issued a press release announcing this listing, a copy of which is attached as Exhibit 99.1 to this report and incorporated by reference as if fully set forth herein.

**Item 9.01 Financial Statements and Exhibits.**

(d) Exhibits.

99.1 Press Release, dated October 21, 2008

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**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.

Date: October 22, 2008

HEALTH FITNESS CORPORATION

By: /s/ Wesley W. Winnekins

Wesley W. Winnekins, Chief Financial  
Officer

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EXHIBIT INDEX  
Health Fitness Corporation  
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Exhibit Number	Description
99.1	Press Release, dated October 21, 2008