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Robert Karch, Ed.D., Joins HealthFitness' Science Advisory Board

Founder of American University's National Center for Health Fitness

MINNEAPOLIS (April 7, 2010) — HealthFitness announces that Robert Karch, Ed.D., chair of the Department of Health and Fitness and executive director of the National Center for Health Fitness, has joined HealthFitness' Science Advisory Board.

Karch has been a member of American University faculty since 1969. He is the chair and a professor in the Department of Health and Fitness. He is also the founder and director of both the Masters of Science program in Health Promotion Management and the University's National Center for Health Fitness.

Karch teaches the two capstone courses in the graduate program, strategic planning and a research seminar course. He has authored more than 30 articles for research and lay publications, several book chapters, and he has done extensive research in the areas of worksite health promotion and the cost and benefits of worksite health promotion programs.

Karch is a past-president and currently a member of the board of directors for the National Fitness Leaders Association, as well as a board member for the American Council on Exercise. He has also received numerous national awards including the Exceptional Leadership Award in 1991 by the Association for Fitness in Business. In addition, in 1983, Karch became the first recipient of the U.S. Army's Commanders Award for his work with the Army's health and fitness programs.

Health Fitness' Science Advisory Board of health industry experts is designed to keep HealthFitness' products and services on the forefront of current and emerging trends. "Dr. Karch is a visionary in the field of health and fitness," said HealthFitness President Gregg O. Lehman, Ph.D. "His expertise and leadership will provide a wealth of guidance to the Science Advisory Board."

Responsibilities of HealthFitness' Science Advisory Board include reviewing the quality and relevance of HealthFitness' products and services from scientific and technical perspectives, delivering guidance on the appropriate implementation of products and services, and providing expert peer review to HealthFitness' research programs. In addition, Karch will provide invaluable insights into new and innovative wellness and fitness initiatives for HealthFitness clients.

About HealthFitness

HealthFitness is an award-winning provider of integrated health promotion and fitness management solutions to Fortune 500 companies, the health care industry and individual consumers. With 30-plus years of experience, HealthFitness partners with employers to effectively manage health care and productivity costs by improving individual health and well-being. HealthFitness provides a portfolio of solutions, including best-in-class integration, INSIGHT® Health Risk Assessments, screenings,

EMPOWERED™ Health Coaching and fitness facility design and management. For more information on HealthFitness, visit www.hfit.com.

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