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HEALTH FITNESS CORP /MN/  
Form 8-K  
August 26, 2003

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): August 26, 2003

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 West 80th Street, 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)

Item 5. Other Events

On August 26, 2003, the Registrant issued a press release announcing that it has entered into an agreement to acquire certain assets of Johnson & Johnson Health Care Systems Inc. The full text of the press release is set forth in Exhibit 99 which is attached hereto and incorporated in this Report as if fully set forth herein.

Item 7. Financial Statements and Exhibits

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Exhibit 99 Press release dated August 26, 2003

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: August 26, 2003

HEALTH FITNESS CORPORATION

By /s/ Wesley W. Winnekins

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Chief Financial Officer

EXHIBIT INDEX

Health Fitness Corporation  
Form 8-K Current Report

Exhibit Number	Description
99	Press release dated August 26, 2003