

Health Fitness Corp /MN/
Form 4
March 13, 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 *
SHEFFERT MARK W

(Last) (First) (Middle)

80 SOUTH EIGHTH STREET

(Street)

MINNEAPOLIS, MN 55402

(City) (State) (Zip)

2. Issuer Name **and** Ticker or Trading
Symbol

Health Fitness Corp /MN/ [FIT]

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

03/11/2009

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 Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any (Month/Day/Year)	3. Transaction Code (Instr. 8)	4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
			Code	V	Amount (A) or (D)	Price	
Common Stock	03/11/2009		P		5,500	A \$ 1.7	17,500 D
Common Stock	03/12/2009		P		2,420	A \$ 1.7	19,920 D
Common Stock	03/12/2009		P		100	A \$ 1.72	20,020 D
Common Stock	03/12/2009		P		408	A \$ 1.74	20,428 D
Common Stock	03/12/2009		P		11,372	A \$ 1.75	31,800 ⁽¹⁾ D

Edgar Filing: Health Fitness Corp /MN/ - Form 4

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 required to respond unless the form displays a currently valid OMB control number.

SEC 1474
(9-02)

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

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

Reporting Owners

Reporting Owner Name / Address	Relationships
	Director 10% Owner Officer Other
SHEFFERT MARK W 80 SOUTH EIGHTH STREET MINNEAPOLIS, MN 55402	X

Signatures

/s/ Wesley W. Winnekins as Attorney-In-Fact for Mark W. Sheffert pursuant to Power of Attorney previously filed

03/13/2009

____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.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.