

NARUM JAMES A
Form 4
January 26, 2006

FORM 4

**UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549**

OMB APPROVAL

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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

(Print or Type Responses)

1. Name and Address of Reporting Person *
NARUM JAMES A

(Last) (First) (Middle)

3600 AMERICAN BLVD.
WEST, SUITE 560

(Street)

MINNEAPOLIS, MN 55431

(City) (State) (Zip)

2. Issuer Name and Ticker or Trading Symbol

Health Fitness Corp /MN/ [HFIT]

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

01/24/2006

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

5. Relationship of Reporting Person(s) to Issuer

(Check all applicable)

___ Director ___ 10% Owner
X Officer (give title below) ___ Other (specify below)

Corp. VP of Operations- Health

6. Individual or Joint/Group Filing(Check Applicable Line)

X 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 Ownership (Instr. 4) |
|---------------------------------|--------------------------------------|--|--------------------------------|---|---|--|-----------------------------------|
| Common Stock | | | | (A) or (D) | 90,538 | D | |

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

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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 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) | | |
|--|--|--------------------------------------|--|--------------------------------|---|--|---|--------------|----------------------------|
| | | | | Code | V (A) (D) | Date Exercisable | Expiration Date | Title | Amount or Number of Shares |
| Employee Stock Option (Right to Buy) | \$ 0.31 | | | | | 04/09/2001 | 11/01/2005 | Common Stock | 60,000 |
| Employee Stock Option (Right to Buy) | \$ 0.47 | | | | | <u>(1)</u> | 02/21/2008 | Common Stock | 11,250 |
| Employee Stock Option (Right to Buy) | \$ 0.39 | | | | | <u>(2)</u> | 02/10/2009 | Common Stock | 7,500 |
| Employee Stock Option (Right to Buy) | \$ 2.07 | | | | | <u>(3)</u> | 03/10/2014 | Common Stock | 7,500 |
| Employee Stock Option (Right to Buy) | \$ 2.81 | | | | | <u>(4)</u> | 02/04/2011 | Common Stock | 7,500 |
| Employee Stock Option (Right to Buy) | \$ 2.69 | 01/24/2006 | | A | 20,000 | <u>(5)</u> | 01/24/2012 | Common Stock | 20,000 |

Reporting Owners

Reporting Owner Name / Address

Relationships

Director 10% Owner Officer Other

NARUM JAMES A
3600 AMERICAN BLVD. WEST
SUITE 560
MINNEAPOLIS, MN 55431

Corp. VP of
Operations-
Health

Signatures

/s/ Wesley W. Winnekins for James A. Narum pursuant to Power of Attorney previously
filed

01/26/2006

__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) Original option (15,000 shares): Exercisable in annual increments of 3,750 shares each, commencing 2/21/03.
- (2) Original option (15,000 shares): Exercisable in annual increments of 3,750 shares each, commencing 2/10/04.
- (3) Original option (7,500 shares): Exercisable in annual increments of 2,500 shares each, commencing 3/10/05.
- (4) Original option (7,500 shares): Exercisable in annual increments of 1,875 shares each, commencing 2/4/06.
- (5) Original option (20,000 shares): Exercisable in annual increments of 5,000 shares each, commencing 1/24/07.

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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