

Health Fitness Corp /MN/
Form 4
November 29, 2006

FORM 4 UNITED STATES SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

OMB APPROVAL

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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 *
NOYCE JERRY V

(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)
11/27/2006

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)
President and CEO

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 Ownership (Instr. 4)
			Code	V	Amount	(A) or (D)	Price
Common Stock	11/27/2006		M		250,000	A	\$ 0.2969
Common Stock	11/27/2006		F		31,554	D	\$ 2.15
					292,659 ⁽¹⁾	D	
					261,105	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)

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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)		
				Code	V (A) (D)	Date Exercisable	Expiration Date	Title	Amount Number Shares
Employee Stock Option (Right to Buy)	\$ 0.2969	11/27/2006		M	250,000	<u>(2)</u> 11/30/2006		Common Stock	250,000
Employee Stock Option (Right to Buy)	\$ 0.95					08/01/2001 08/01/2011		Common Stock	15,000
Employee Stock Option (Right to Buy)	\$ 0.95					12/31/2001 08/01/2011		Common Stock	15,000
Employee Stock Option (Right to Buy)	\$ 0.47					<u>(3)</u> 02/21/2008		Common Stock	82,000
Employee Stock Option (Right to Buy)	\$ 0.39					<u>(4)</u> 02/21/2009		Common Stock	82,000
Employee Stock Option (Right to Buy)	\$ 1.25					12/08/2003 12/08/2009		Common Stock	20,000
Employee Stock Option (Right to Buy)	\$ 2.07					<u>(5)</u> 03/10/2014		Common Stock	80,000

Employee Stock Option (Right to Buy)	\$ 2.62	(6)	02/24/2011	Common Stock	40,000
Employee Stock Option (Right to Buy)	\$ 2.69	(7)	01/24/2012	Common Stock	100,000

Reporting Owners

Reporting Owner Name / Address	Relationships			
	Director	10% Owner	Officer	Other
NOYCE JERRY V 3600 AMERICAN BLVD. WEST SUITE 560 MINNEAPOLIS, MN 55431	X		President and CEO	

Signatures

/s/ Wesley W. Winnekins for Jerry V. Noyce pursuant to Power of Attorney previously filed	11/29/2006
**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) Includes 2,908 shares acquired through the Employee Stock Purchase Plan for phase ending 6/30/06.
- (2) Exercisable in annual increments of 50,000 shares each, commencing 11/30/01, subject to acceleration in the event certain conditions are met.
- (3) Exercisable in annual increments of 20,500 shares each, commencing 2/21/03.
- (4) Exercisable in annual increments of 20,500 shares each, commencing 2/10/04.
- (5) Exercisable in annual increments of 20,000 shares each, commencing 3/10/05.
- (6) Exercisable in annual increments of 10,000 shares each, commencing 2/24/06.
- (7) Exercisable in annual increments of 25,000 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. 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.