



For Immediate Release

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PLUS ONE ACQUIRES FITNESS WORKS AT WORK

Acquisition Affirms Plus One's Position as a Prominent Provider of Corporate Health and Wellness Services in New England

NEW YORK, NY, February 1, 2011 – Plus One Health Management, Inc. announced today that it has acquired Fitness Works at Work, a provider of customized corporate health solutions in New England. Plus One will immediately assume management of Fitness Works at Work's existing corporate contracts in the New England Area, including leaders in the energy, healthcare, industrial goods, and food and beverage industries. The acquisition continues Plus One's growth as an industry leader nationwide and provides significant new lines of business. Financial terms of this agreement were not released.

"The acquisition of Fitness Works at Work allows Plus One to continue our focus on strategic growth opportunities," said Chris Ciatto, Plus One Chief Operating Officer. "New England in particular is an area where we have seen recent success, and Fitness Works at Work was a perfect fit for advancing Plus One's goals in the region."

Under the agreement, Iris Sokol, Founder and President of Fitness Works at Work, will become a Senior Vice President with Plus One. Additionally, Linda Vacovec, Fitness Works at Work's current Vice President and Director of Health Promotion, will become Plus One's Vice President of Health Promotion, overseeing the existing Fitness Works at Work wellness portfolio. Debbie Harlow will assume the position of District Manager and Cindi Harne and Michelle Cox will continue in their roles as Fitness Center Directors for the FFAW clients. All the current Fitness Works at Work fitness and wellness staff will continue to provide outstanding service to their existing clients.

Founded in 1982 by Iris Sokol, Fitness Works at Work provides a comprehensive range of services including corporate health promotion program design and implementation, corporate fitness center design and management, group exercise programs, and ergonomics services. These services result in the creation of healthy workplaces and encourage cultures that seamlessly incorporate healthy behaviors into daily activities to boost productivity and reduce healthcare costs.

"Plus One and Fitness Works at Work are a natural combination," said Sokol. "We possess a shared passion for the business and our core values are aligned. I strongly believe that the existing Fitness Works at Work clients will benefit from Plus One's national capabilities and resources and will attain an even higher level of satisfaction in the years to come."

"Plus One is proud to welcome Fitness Works at Work's devoted clients, members, and staff into the Plus One community," said Mike Motta, Plus One President and Chief Executive Officer. "We are looking forward to helping each participant reach his or her

wellness goals through our innovative service delivery systems, customized programming, advanced technology, and access to a long line of distinguished professionals who are passionate about achieving healthy results.”

About Plus One

Plus One Health Management Inc. is a leading provider of comprehensive wellness solutions for corporations and other discerning organizations. From the design, development, and management of on-site wellness centers, to the creation and execution of results-focused employee wellness programs, to the five-star delivery of hospitality spa and fitness services, Plus One applies an integrated approach to individual and employee wellness. Clients include Fortune 500 companies, financial services firms, law partnerships, and world leaders in the media, biotechnology, energy, and pharmaceutical industries. Founded in 1986, today Plus One employs more than 1,500 professionals nationwide. For more information, please visit www.plusonehealthmanagement.com.