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FROM: AdvantageHealth Corporation
7900 International Drive, Suite 200
Bloomington, MN 55425

CONTACT: Kris Bishop
Marketing and Development
612-823-4470
kbishop@advantagehealth.com
www.advantagehealth.com

ADVANTAGEHEALTH CORPORATION AND 2ND WIND EXERCISE EQUIPMENT PARTNER TO PROVIDE A COMPLETE FITNESS AND WELLNESS CENTER PACKAGE

Bloomington, MN – January 2004. If it's a wellness program that focuses on lifestyle management and disease prevention while utilizing the latest resources in commercial grade fitness equipment, then we have a package for you. AdvantageHealth Corporation and 2nd Wind Exercise equipment have joined forces to provide a comprehensive wellness package for companies looking to improve the health of their employees.

"2nd Wind has always found a way to connect with residential and corporate clients with their superior equipment selection and first-class customer service," states Michael Olson, Co-founder of AdvantageHealth. "I'm proud of the partnership we have created to provide our corporate clients the customized fitness solution they need to be successful in health promotion."

"This is truly a unique partnership, where AdvantageHealth's specialized management approach supports and actually further enhances the equipment investment. 2nd Wind has long maintained that the best results in an exercise equipment investment are achieved through effective education, training and programming diversification. After working with AdvantageHealth, we realized what an effective and comprehensive program they offered for our customers. Creating a stronger relationship was a natural extension of our excellent experience with its Co-founders Michael Olson and Kristine Keykal" stated Adam Lindquist, Director of Business development for 2nd Wind Exercise.

AdvantageHealth currently manages and staffs corporate fitness centers located within the twin cities metro area and provides online, telephonic and onsite health management programs to many nationwide clients. It has found 2nd Wind's expertise in professional facility design and equipment layout a valuable resource for their corporate clients. AdvantageHealth and 2nd Wind have merged their skills to develop numerous customized facility solutions for their clients.

2nd Wind Exercise equipment is the upper Midwest's exclusive dealer of the industries finest equipment lines which include LifeFitness, ParaBody, True, Hoist, PaceMaster, Vision, StairMaster, Octane and a host of others. Now with 50 retail stores and "award winning" commercial division, 2nd Wind has become one of the most successful and respected fitness dealers in the country. For more information on 2nd Wind, visit www.2ndwindexercise.com.

AdvantageHealth Corporation provides award-winning programs and services ranging from yoga classes and wellness seminars to staffed fitness centers and disease management interventions. AdvantageHealth aims to provide organizations ways to contain healthcare costs, reduce absenteeism and improve employee productivity and morale. For more information about AdvantageHealth Corporation, visit www.advantagehealth.com.