



Ottawa, January 1, 2008 – ExecHealth Inc., Ottawa’s leading provider of healthcare services to corporations and professionals announced today that it has entered into a strategic alliance with Executive Fitness Leaders to provide comprehensive medical, health and wellness solutions to its clients.

“We have informally been working with EFL for the past 2 years and have been very happy with the way they have helped our clients implement the fitness recommendations of our medical staff,” said Sanjay Shah, President and CEO, ExecHealth Inc. Their facilities – including those at the Westin Ottawa Health and Squash Club - are among the best in the city. After evaluating a number of programs we feel that this partnership is consistent with our practice of aligning ourselves with only the best health care professionals and facilities in the city.”

“We are continually seeking professional affiliations to enhance the quality of care in meeting and exceeding our client’s long term health and fitness requirements.” said Denis Giacobbi, Managing Partner of Executive Fitness Leaders. “Aligning ourselves with ExecHealth will allow us to connect with the medical community to provide a more comprehensive approach to the needs of our clients.”

About ExecHealth Inc.

ExecHealth is an Ottawa-based health management company that specializes in keeping its clients healthy through preventative and ongoing medical care programs. Its Comprehensive Health Assessments are designed to proactively identify and address preventable diseases and other health issues before they become serious. These assessments, which include detailed diagnostic testing, go far beyond the standard physical examinations and are designed for the early detection and prevention of diseases such as cancer and heart disease.

With an emphasis on service, health assessments are conducted in a single morning by a multidisciplinary team of medical doctors, nutritionists, nurses, physiotherapists and fitness experts. Clients are provided with a written health report and action plan to ensure that appropriate lifestyle modifications are made.

Corporations enlisted the services of ExecHealth to ensure their key employees remain healthy and performing at their best. These firms have also found ExecHealth’s program to be a powerful retention and recruitment tool in a competitive environment.

About Executive Fitness Leaders

Executive Fitness Leaders offers a new approach to health and wellness by offering a multitude of services in a very personable and professional environment. Clients can take advantage of a private personal training session in one of their fully equipped studios, including their downtown facility located within the newly renovated Westin Health and Squash Club.

The professional staff at Executive Fitness Leaders work with their clients to develop comprehensive fitness strategies designed to overcome personal barriers to long term health and wellness. The goal at EFL is to guide and assist their clients in the implementation and execution of their personal fitness plans. EFL empowers their clients with the knowledge to attain and maintain a high quality of life by providing the realistic tools for dealing with obstacles encountered in everyday life.

For more information, please contact:

Sanjay Shah

President and CEO

ExecHealth Inc.

Phone: (613) 216-3932

Email: sanjay.shah@exechealth.ca