

Edgar Filing: ROWE BURT H JR - Form SC 13G

ROWE BURT H JR
Form SC 13G
December 13, 2002

SCHEDULE 13G

(Rule 13d-102)

Information to be Included in Statements Filed Pursuant to Rule 13d-1(b), (c)
and (d) and Amendments Thereto Filed Pursuant to Rule 13d-2.

SECURITIES AND EXCHANGE COMMISSION
Washington, D.C. 20549

Under the Securities Exchange Act of 1934
(Amendment No. ____)*

Health Fitness Corporation

(Name of Issuer)

Common Stock

(Title of Class of Securities)

42217V 10 2

(CUSIP Number)

December 5, 2002

(Date of Event Which Requires Filing of this Statement)

Check the appropriate box to designate the rule pursuant to which this Schedule
is filed:

[] Rule 13d-1(b)
[X] Rule 13d-1(c)
[] Rule 13d-1(d)

*The remainder of this cover page shall be filled out for a reporting person's
initial filing on this form with respect to the subject class of securities, and
for any subsequent amendment containing information which would alter the
disclosures provided in a prior cover page.

The information required on the remainder of this cover page shall not be deemed
to be "filed" for the purpose of Section 18 of the Securities Exchange Act of
1934 ("Act") or otherwise subject to the liabilities of that section of the Act
but shall be subject to all other provisions of the Act (however, see the
Notes).

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1	NAMES OF REPORTING PERSONS/I.R.S. IDENTIFICATION NOS. OF ABOVE PERSONS (ENTITIES ONLY)		
	Burt H. Rowe, Jr.		
2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE INSTRUCTIONS) **		(a) [] (b) []
	**Joint Filing		
3	SEC USE ONLY		
4	CITIZENSHIP OR PLACE OF ORGANIZATION		
	U.S.A.		
	NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH	5	SOLE VOTING POWER 908,900
		6	SHARED VOTING POWER
		7	SOLE DISPOSITIVE POWER 908,900
		8	SHARED DISPOSITIVE POWER
9	AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON		
	908,900		
10	CHECK IF THE AGGREGATE AMOUNT IN ROW (9) EXCLUDES CERTAIN SHARES (SEE INSTRUCTIONS)		[]
11	PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (9)		
	7.4%		
12	TYPE OF REPORTING PERSON (SEE INSTRUCTIONS)		
	IN		

CUSIP NO.	42217V 10 2	13G	Page 3 of 6 Pages
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1	NAMES OF REPORTING PERSONS/I.R.S. IDENTIFICATION NOS. OF ABOVE PERSONS (ENTITIES ONLY)
	Destin Capital Partners, LLC 33-1032492

2	CHECK THE APPROPRIATE BOX IF A MEMBER OF A GROUP (SEE
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INSTRUCTIONS) **

(a) []

(b) []

**Joint Filing

3 SEC USE ONLY

4 CITIZENSHIP OR PLACE OF ORGANIZATION

FL

NUMBER OF SHARES BENEFICIALLY OWNED BY EACH REPORTING PERSON WITH	5	SOLE VOTING POWER	908,900
	6	SHARED VOTING POWER	
	7	SOLE DISPOSITIVE POWER	908,900
	8	SHARED DISPOSITIVE POWER	

9 AGGREGATE AMOUNT BENEFICIALLY OWNED BY EACH REPORTING PERSON

908,900

10 CHECK IF THE AGGREGATE AMOUNT IN ROW (9) EXCLUDES CERTAIN SHARES
(SEE INSTRUCTIONS) []

11 PERCENT OF CLASS REPRESENTED BY AMOUNT IN ROW (9)

7.4%

12 TYPE OF REPORTING PERSON (SEE INSTRUCTIONS)

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Answer every item. If an item is inapplicable or the answer is in the negative, so state.

Item 1(a) Name of Issuer:

Health Fitness Corporation

Item 1(b) Address of Issuer's Principal Executive Offices:

3500 W. 80th Street
Bloomington, MN 55431

Item 2(a) Name of Person Filing:

See Cover Pages Item 1

Item 2(b) Address of Principal Business Office or, if none, residence:

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P. O. Box 27
Eldorado, IL 62930

- Item 2(c) Citizenship:
- See Cover Pages Item 4
- Item 2(d) Title of Class of Securities:
- Common Stock
- Item 2(e) CUSIP No.:
- See Cover Pages
- Item 3 Statement filed pursuant to Rule 13d-1(b), or 13d-2(b) or (c):
- Not applicable
- Item 4 Ownership
- See Cover Pages Items 5 through 11
- Item 5 Ownership of Five Percent or Less of a Class:
- If this statement is being filed to report the fact that as of the date hereof the reporting person has ceased to be the beneficial owner of more than five percent of the class of securities, check the following [].
- Item 6 Ownership of More than Five Percent on Behalf of Another Person:
- Not applicable
- Page 4 of 6 Pages
- Item 7 Identification and Classification of the Subsidiary Which Acquired the Security Being Reported on by the Parent Holding Company:
- Not applicable
- Item 8 Identification and Classification of Members of the Group:
- Not applicable
- Item 9 Notice of Dissolution of Group:
- Not applicable
- Item 10 Certifications:

By signing below I certify that, to the best of my knowledge and belief, the securities referred to above were not acquired and are not held for the purpose of or with the effect of changing or influencing the control of the issuer of the securities and were not acquired and are not held in connection with or as a participant in any transaction having that purpose or effect.

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Exhibits:

Joint Filing Agreement, dated December 9, 2002, between the Reporting Persons.

SIGNATURE

After reasonable inquiry and to the best of my knowledge and belief, I certify that the information set forth in this statement is true, complete and correct.

Date: December 9, 2002

/s/ Burt H. Rowe, Jr.

DESTIN CAPITAL PARTNERS, LLC

By: /s/ Burt H. Rowe, Jr.
Manager

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AGREEMENT TO MAKE A JOINT FILING

The undersigned hereby agree to file a joint Schedule 13G with respect to the interests of the undersigned in Health Fitness Corporation and that the Schedule 13G to which this Agreement is attached has been filed on behalf of each of the undersigned.

Date: December 9, 2002

/s/ Burt H. Rowe, Jr.

DESTIN CAPITAL PARTNERS, LLC

By: /s/ Burt H. Rowe, Jr.
Manager

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