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MATRIX FITNESS SYSTEMS RAPID GROWTH CONTINUES

Lake Mills, WI -- January 24, 2006 -- Matrix Fitness Systems Corp. announced a global sales increase of 35% over 2004 sales. "While we are pleased with our 2005 global sales growth for the Matrix brand, we are planning for even greater growth in 2006," says Matrix President, Nathan Pyles. "We can feel the momentum building as more and more customers experience the benefits of doing business with Matrix."

The highest growth rate in 2005 came from Europe, followed by North America. "The European growth can be attributed to the success of Johnson Health Tech's subsidiary offices," Pyles says. "We now have sound commercial sales and operation teams in Germany, U.K., France, Spain, and Italy. Several of these offices are just getting started with plenty of growth opportunities ahead of them." Johnson Health Tech is the parent company of Matrix Fitness Systems.

Matrix is projecting rapid growth in 2006 in North America. Vice President of Sales, Kent Stevens says, "We now have a solid, high performing sales team in North America. For 2006 we will be doubling our outside sales force. This expansion will allow us to cover markets we previously had not seen."

This year Matrix is also launching its industry leading Customer Advantage Program™ (CAP). Included with this CAP program is a standard 3 year parts and 3 year labor warranty. "Product durability is our customer's principal requirement, and it is the cornerstone of Matrix' Business Plan," Pyles says. "We have seen warranty costs steadily decline as we make continuous improvements in product durability. Through our Customer Advantage Program™, we are now sharing the financial benefits of these improvements with our customers."

Stevens adds, "Our dealers are as excited as we are to be able to offer their clients the Customer Advantage Program™. We now provide to our customers the lowest total cost of ownership for the life of the product. This makes sound financial sense for clubs and fitness facilities of all sizes."

Matrix Fitness Systems offers a complete line of cardiovascular and selectorized strength equipment for the commercial fitness markets. Matrix is the commercial division of Johnson Health Tech, Ltd, an ISO 9001 certified company. Johnson Health Tech is a publicly traded company celebrating its 30th anniversary this year.

This press release may contain forward-looking statements. There are a number of risks and uncertainties that could cause actual results to differ materially from those anticipated by the statements above. These include, but are not limited to, competitive factors, technological and product developments, market demand, economic conditions and the ability of the Company to comply with the terms of its credit facilities.

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