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Health Fitness Corp /MN/ Form SC TO-T/A February 25, 2010

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UNITED STATES SECURITIES AND EXCHANGE COMMISSION WASHINGTON, D.C. 20549 SCHEDULE TO Amendment No. 2 (RULE 14d-100)

TENDER OFFER STATEMENT UNDER SECTION 14(d)(1) OR 13(e)(1) OF THE SECURITIES EXCHANGE ACT OF 1934. HEALTH FITNESS CORPORATION

(Name of Subject Company (Issuer))

TRUSTCO MINNESOTA, INC.

A Wholly-Owned Subsidiary of

TRUSTCO HOLDINGS, INC.

An Indirect Wholly-Owned Subsidiary of

TRUSTMARK MUTUAL HOLDING COMPANY

(Names of Filing Persons (Offerors))

Common Stock, Par Value \$0.01 Per Share

(Title of Class of Securities) 42217V201

(CUSIP Number of Class of Securities)

Sara Lee Keller, Esq.

Senior Vice President, General Counsel and Secretary

Trustmark Companies 400 Field Drive Lake Forest, Illinois 60045 (847) 615-1500

(Name, address and telephone numbers of person authorized to receive notices and communications on behalf of filing persons)

Copies to:

Larry A. Barden
Scott R. Williams
Sidley Austin LLP
One South Dearborn Street
Chicago, Illinois 60603
(312) 853-7000
CALCULATION OF FILING FEE

Transaction Valuation(1) \$105,420,406.40

Amount of Filing Fee(2) \$7,516.47

 Estimated for purposes of calculating the amount of the filing fee only.
 The calculation

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is based on the

offer to

purchase up to

12,006,880

shares of

common stock,

par value \$0.01

per share, of

Health Fitness

Corporation (the

Company) at an

offer price of

\$8.78 per share.

Such shares

consist of

(i)10,210,315

shares of

common stock

of the Company

outstanding as

of January 25,

2010 (including

334,012 shares

of unvested

restricted stock),

(ii) 1,018,050

shares of

common stock

of the Company

potentially

issuable upon

the exercise of

outstanding

in-the-money

stock options as

of January 25,

2010 and

(iii) 778,515

shares of

common stock

of the Company

potentially

issuable upon

the exercise of

outstanding

warrants to

purchase

common stock

of the Company

as of

January 25,

2010.

(2) The filing fee

was calculated

in accordance

with Rule 0-11

of the Securities

Exchange Act

of 1934, as

amended, and

Fee Rate

Advisory #4 for

fiscal year 2010,

issued

December 17,

2009, by

multiplying the

transaction

value by

0.0000713.

b Check the box if any part of the fee is offset as provided by Rule 0-11(a)(2) and identify the filing with which the offsetting fee was previously paid. Identify the previous filing by registration statement number, or the Form or Schedule and the date of its filing.

Amount Previously Paid: \$7,516.47 Form or Registration No.: Schedule TO

Filing Party: Trustmark Mutual Holding Company, Trustco Holdings, Inc. and

Trustco Minnesota, Inc.

Date Filed: January 26, 2010

o Check the box if the filing relates solely to preliminary communications made before the commencement of a tender offer.

Check the appropriate boxes below to designate any transactions to which the statement relates:

- b third-party tender offer subject to Rule 14d-1.
- o issuer tender offer subject to Rule 13e-4.
- o going-private transaction subject to Rule 13e-3.
- o amendment to Schedule 13D under Rule 13d-2.

Check the following box if the filing is a final amendment reporting the results of the tender offer: b

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This Amendment No. 2 to the Tender Offer Statement on Schedule TO (this Amendment) is filed by (i) Trustco Minnesota, Inc., a Minnesota corporation (the Purchaser), which is a wholly owned subsidiary of Trustco Holdings, Inc., a Delaware corporation (Parent), which is an indirect wholly owned subsidiary of Trustmark Mutual Holding Company, an Illinois mutual insurance holding company (Trustmark), (ii) Parent and (iii) Trustmark. This Amendment amends and supplements the Tender Offer Statement on Schedule TO originally filed with the Securities and Exchange Commission on January 26, 2010 (together with any amendments and supplements thereto, the

Schedule TO) and relates to the offer by the Purchaser to purchase all of the outstanding shares of common stock of Health Fitness Corporation, a Minnesota corporation (the Company), par value \$0.01 per share (the Shares), at a purchase price of \$8.78 per Share in cash, without interest and less any required withholding taxes, upon the terms and subject to the conditions set forth in the Offer to Purchase dated January 26, 2010 (together with any amendments and supplements thereto, the Offer to Purchase) and in the related Letter of Transmittal.

Capitalized terms used and not defined herein shall have the meanings assigned to such terms in the Offer to Purchase.

Items 1 through 9 and 11.

Items 1 through 9 and 11 of the Schedule TO are hereby amended and supplemented to include the following: The Offer expired at 12:00 midnight, New York City time, on February 24, 2010. The Depositary has advised Parent that, as of the expiration of the Offer, a total of approximately 9,102,844 Shares were validly tendered and not validly withdrawn, representing approximately 89.1% of the Shares outstanding. All Shares that were validly tendered and not validly withdrawn during the Offer have been accepted for payment.

Pursuant to the terms of the Merger Agreement, the Purchaser plans to exercise its option (the Top-Up Option) to purchase directly from the Company an additional number of Shares sufficient (when combined with the Shares purchased by the Purchaser in the Offer) to give the Purchaser ownership of at least one Share more than 90% (determined on a fully diluted basis and including the issuance of the Shares pursuant to exercise of the Top-Up Option) of the outstanding Shares at a price of \$8.78 per Share.

Pursuant to the terms of the Merger Agreement, Parent intends to consummate the Merger in accordance with the Merger Agreement on or about February 26, 2010. The Merger Agreement provides, among other things, that the Purchaser will be merged with and into the Company, with the Company continuing as a wholly owned subsidiary of Parent. Each of the remaining outstanding Shares (other than (i) Shares owned directly or indirectly by the Company, Parent or the Purchaser, or any of their respective subsidiaries, which will be canceled and will cease to exist, and (ii) Shares owned by the Company s shareholders who perfect dissenters rights under Minnesota law) will be converted into the right to receive \$8.78 per Share in cash, without interest and less any required withholding taxes, which is the same amount per Share that was paid in the Offer. Following the Merger, the Shares will no longer be listed on the NYSE Amex.

The full text of the press release issued by Trustmark on February 25, 2010 announcing the expiration and results of the Offer and the anticipated completion of the Merger is filed as Exhibit (a)(5)(E) hereto and is incorporated herein by reference.

Item 12. Exhibits.

Item 12 of the Schedule TO is hereby amended and supplemented by adding the following exhibit: (a)(5)(E) Press Release issued by Trustmark on February 25, 2010.

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SIGNATURES

After due 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.

TRUSTCO MINNESOTA, INC. Date: February 25, 2010

By: /s/ Sara Lee Keller

Name: Sara Lee Keller

Title: Secretary

Date: February 25, 2010 TRUSTCO HOLDINGS, INC.

By: /s/ Sara Lee Keller

Name: Sara Lee Keller

Title: Senior Vice President,

General Counsel and Secretary

TRUSTMARK MUTUAL HOLDING Date: February 25, 2010

COMPANY

By: /s/ Sara Lee Keller

Name: Sara Lee Keller

Title: Senior Vice President,

General Counsel and Secretary